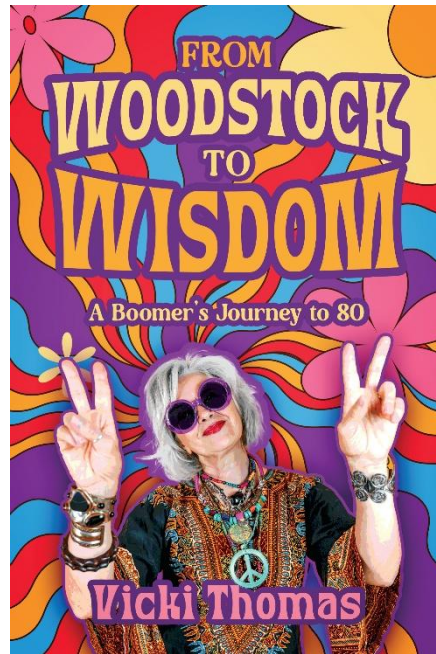


## Top 5 Interview Questions for *From Woodstock to Wisdom* by Vicki Thomas



1. You describe aging as an “encore” rather than a decline—what inspired that perspective, and how can others begin to adopt it?
2. Your book blends humor with deeply personal experiences, including health challenges and life transitions—how has humor shaped your ability to navigate aging?
3. The concept of “elderhood” is central to your message. How do you define it, and why do you believe it’s important to reframe this stage of life?
4. As someone who has lived through major cultural shifts—from Woodstock to the digital age—what lessons from your generation do you believe are most important to pass on today?
5. For readers who may feel uncertain or even fearful about growing older, what is one mindset shift or action you would encourage them to take right now?