

# FOR IMMEDIATE RELEASE



**Outskirts Press announces *From Woodstock to Wisdom*, the latest highly-anticipated HUMOR / Form / Essays book from Weston, CT author Vicki Thomas.**

*March 22, 2026. Denver, CO and Weston, CT* - Outskirts Press, Inc. has published *From Woodstock to Wisdom: A Boomer's Journey to 80* by Vicki Thomas, which is the author's most recent book to date. The 6 x 9 Color Paperback in the HUMOR / Form / Essays category is available worldwide on book retailer websites such as Amazon and Barnes & Noble for a suggested retail price of \$27.95.

The webpage at [www.outskirtspress.com/fromwoodstocktowisdom](http://www.outskirtspress.com/fromwoodstocktowisdom) was launched simultaneously with the book's publication.

## About the Book (Excerpts & Info)

Remember when we swore we'd never trust anyone over 30? Surprise—we're 80 now. And guess what? We still have stories to tell, laughs to share, and wisdom to pass on (whether anyone asked for it or not). We watched the first moon landing, marched for civil rights, and danced to the Supremes on vinyl. Now Baby Boomers have swapped hippy vans for Medicare cards—and somehow the media forgot to tell the rest of the world what aging actually feels like. In *From Woodstock to Wisdom*, Vicki Thomas takes readers on a joyride through eight decades of Boomer life—from transistor radios and Ed Sullivan to smartphones and podcasts. Along the way, she proves that aging isn't decline; it's the encore. Packed with laugh-out-loud lists (movies, TV shows, commercials you can still sing in the shower), heartfelt reflections, and plenty of "that's so me" moments, this book is equal parts memoir, cultural scrapbook, and survival guide for anyone navigating the wild ride from old to elderhood. So grab your reading glasses and a comfortable chair—because this story is grreat! (Tony the Tiger said it first, but we're still quoting him.)

Deftly constructed at 192 pages, *From Woodstock to Wisdom: A Boomer's Journey to 80* is being aggressively promoted to appropriate markets with a focus on the HUMOR / Form / Essays category. With U.S. wholesale distribution through **Ingram** and **Baker & Taylor**, and pervasive online availability through **Amazon**, **Barnes & Noble** and elsewhere, *From Woodstock to Wisdom* meets consumer demand through both retail and library markets with a suggested retail price of \$27.95.

Additionally, *From Woodstock to Wisdom* can be ordered by retailers or wholesalers for the maximum trade discount price set by the author in quantities of ten or more from the Outskirts Press Direct bookstore at [www.outskirtspress.com/bookstore](http://www.outskirtspress.com/bookstore)

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For more information or to contact the author, visit  
[www.outskirtspress.com/fromwoodstocktowisdom](http://www.outskirtspress.com/fromwoodstocktowisdom)

## **About the Author**

Vicki Thomas never expected to be one of the first Baby Boomers turning 80—but here she is, laughing about it and writing it all down. She's the Chief Purpose Officer at My Future Purpose, a certified gerontologist (yes, that means she studies aging while also living it), and winner of the 2013 \$100,000 Encore.org Purpose Prize (now CoGenerate.org). She has survived transistor radios, rotary phones, shoulder pads, dial-up internet, and more commercials than she cares to admit. Now she's on a mission to prove that elderhood is not the end of the story—it's the best encore yet. When she's not working or writing, Vicki can be found volunteering in her community and running workshops on purposeful living. She lives in Connecticut with her husband, Steve, and their dogs, Finn and Sconnie, both of whom are very patient with her stories.

## **About Outskirts Press, Inc.**

Outskirts Press, Inc. offers full-service, custom self-publishing and book marketing services for authors seeking a cost-effective, fast, and flexible way to publish and distribute their books worldwide while retaining all their rights and full creative control. Available for authors globally at [www.outskirtspress.com](http://www.outskirtspress.com) and located on the outskirts of Denver, Colorado, Outskirts Press represents the future of book publishing, today.

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