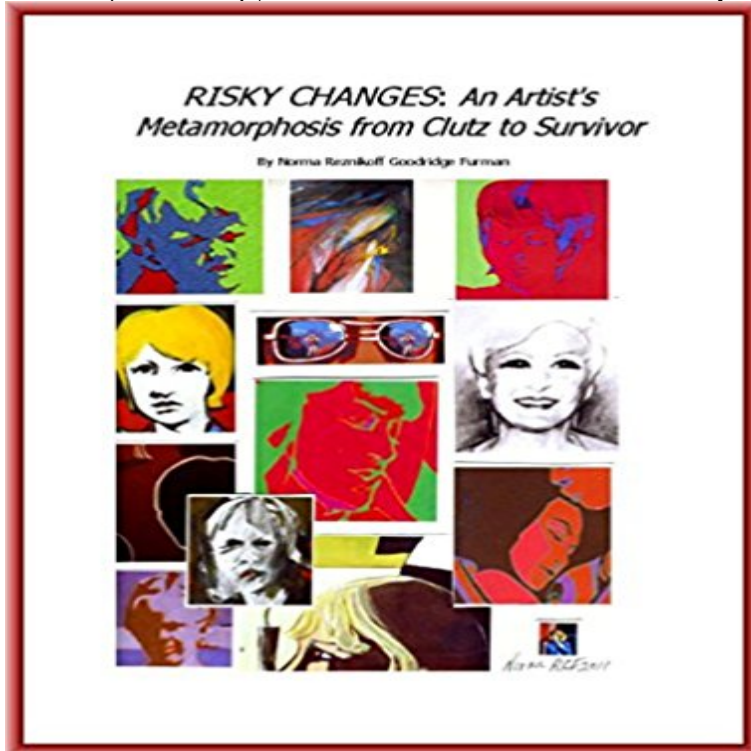


Risky Changes: An Artists Metamorphosis from Clutz to Survivor



RISKY CHANGES: An Artists Metamorphosis from Clutz to Survivor By Norma Reznikoff Goodridge Furman In 79 years, the artist, Norma Reznikoff Goodridge Furman (Norma RGF) has come a long way both physically and mentally from the place where she started in the east Bronx drawing pictures at the kitchen table. At five years, her 10 year old sister and she took risks on the IRT subway, for art lessons in Manhattan which led her to amazing life changes -from the Bronx to Suburbia to Swinging, from hedonism to health, from cool Disco to hot desert. all of which enabled her to survive. But these changes didnt come without risks. She encountered anti-Semitism, racism, sexism, and ageism. She made controversial, alternative some might call dangerous life style choices and changes. Through her art, and with her partner Stash. She hopes her story inspires women, artists and environmentalists, essentially all adults to adopt a positive healthy lifestyle for themselves and for the planet . The changes they make may be risky, she says; but then whats the alternative? This illustrated memoir is about some of Normas personal Risky Changes. She hopes that all open minded adults will find the memoir amusing, interesting, titillating, enlightening, perhaps even inspiring. This 229 page book contains a prologue and 18 chapters filled with 180 brilliantly colored and black and white illustrations including 19 self-portraits created at different stages in her metamorphosis from an East Bronx Clutz (Victim) to a Desert Mensch (Survivor). There are 48 original oil paintings, 22 original acrylic paintings, 17 pastels drawings plus 43 charcoal drawings and 50 photographs. At the end of the book there is a complete detailed list of the illustrations, some of which may be purchased. Norma saysAs long as we dont know the actual date of our death we are in

the middle of life, no? And I know that its never too late to start!

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