are no exception. For example, some of the men found that their widower status made them "the odd man out" (van den Hoonaard 2010: 109) when socializing with their married friends. Yet van den Hoonaard's method of qualitative inquiry reveals that the closing of one's social network is not experienced by all widowers. One of her participants, a widower living in a Florida retirement community, discussed how his friends rallied to his side after his wife's death and continued their friendships with him thereafter.

Part Four describes how the widowers conceptualize "everyday life" (van den Hoonaard 2010: 121), which includes "keeping busy" (van den Hoonaard 2010: 123), the focus of chapter 8. To stay busy, the men describe volunteering, doing "odd jobs" (van den Hoonaard 2010: 133) and informal socializing as opportunities for them to leave their home and engage in activities that reinforce their masculinity (such as fishing). Leaving the home is highly important for these men, as an empty home is a significant symbolic reminder of the loneliness associated with widowhood. Interestingly, van den Hoonaard notes that the men preferred spur-of-the-moment over pre-planned activities as it asserted their independence. Cleaning the home and cooking is the subject of chapter 9, and the men perceived these tasks traditionally female oriented. As a result, they had no desire to "to master" (van den Hoonaard 2010: 159) this domain; rather they preferred doing just enough cooking and cleaning to get by on a daily basis. When the widowers did clean or cook, they spoke about their experiences using very masculine language to justify engaging in these feminine tasks. In the following chapter, chapter 10, Van den Hoonaard concludes her book with an overview of key themes, and provides some insights for future inquiry.

Overall I found myself immediately engaged by van den Hoonaard's book that paints a poignant ethnographic picture of these men's lives as widowers. What makes this book so engaging is her ability to iterate detailed ethnographic examples with theory to provide a robust analysis of this experience, yet one that is firmly grounded in the men's experiences. This book showcases her skill as a qualitative researcher and storyteller, and provides a significant contribution to the gerontological theory on widowhood. This is a highly readable text that would be appropriate for both undergraduate and graduate courses in gerontology, sociology, anthropology and aging studies. Researchers interested in conducting qualitative studies with populations that are more difficult to access will also find this book a valuable resource. Van den Hoonaard includes her interview guide at the end of the text.

The views expressed in this review are those of the author and do not necessarily represent the views of the Department of Veterans Affairs.

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Feil, Naomi and de Klerk-Rubin, Vicki. The Validation Breakthrough: Simple Techniques for Communicating with People with Alzheimer's and Other Dementias. 3rd edition. Baltimore, MD: Health Profession Press. 2012. ISBN 978-1-932529-93-7, 304pp. $34.95 (paper).

Nearly five decades have passed since Naomi Feil originally developed Validation as a therapeutic tool and in this time, organizations and families throughout the world have experienced and attested to its benefits. In this most recent edition of The Validation Breakthrough (3rd ed.), Ms. Feil, along with co-author and master-teacher Vicki de Klerk-Rubin, continue to refine the terminology, concepts, theoretical underpinnings, and techniques of Validation. The authors have expanded the number of case studies and testimonials from certified Validation teachers, and updated resources for readers who seek additional training and information.

Stated simply, Validation is a method of empathetically communicating with and caring for disoriented older adults who have Alzheimer's disease or other types of dementia. It is intended to benefit very old persons who are disoriented and who frequently exhibit challenging behaviors, as well as the persons caring for them. The authors contend that challenging behaviors often arise from a person's struggle to resolve unfinished business during their last stage of life. As the disoriented person progresses through phases of resolution, caregivers can employ the Validation techniques to connect with the person and assist them with expressing repressed emotions.

As with previous editions, the book

is organized into three parts. Part one begins with descriptions of the theoretical underpinnings, concepts, assumptions, benefits, limitations, target populations, and techniques of Validation. A substantive chapter is then devoted to each of the four phases of resolution (i.e., maloriented, time confused, repetitive movers, vegetation) and one brief chapter is devoted to people with early-onset Alzheimer's disease. Although the authors attempt to review some of the literature about the efficacy of Validation (Ch. 8), this is by far one of the weakest chapters in the book. The authors conclude this section with a useful albeit brief discussion of how Validation compares to other therapies commonly used with disoriented older adults who have dementia (Ch. 9). Part two of the book focuses on case studies and testimonials from certified Validation teachers. It features stories of older adults in each of the four phases of resolution and how Validation benefited them and their caregivers. Part three provides a detailed description of how an organization can set up a Validation group.

Unquestionably, the greatest strength of this publication is the large number of real-life examples that portray the challenging behaviors commonly exhibited by the target population and how Validation techniques were, or could be, applied to the situations. These cases make the book easy and enjoyable to read, while also providing an accurate portrayal of challenges constantly faced by professional and informal caregivers. Testimonials from Validation teachers and authorized organizations throughout the world appear at the end of each chapter and also in the appendix, providing compelling stories about how Validation has helped their residents and staff.

This book has broad appeal to a variety of audiences, but is especially appropriate for health professionals and other caregivers who interact frequently with the Alzheimer's and dementia population. It is a useful guide for activity directors and nurses working in long-term care facilities and adult day centers. Students seeking an introduction to this particular method of care or seeking insight into the disoriented, dementia population will also benefit. The content is particularly germane to the fields of interpersonal communication, nursing, gerontology, rehabilitation therapies, psychology, and anthropology. Professional caregivers who are already familiar with Validation and researchers seeking a thorough discussion of the scientific merits of this method, may not gain much additional insight from this new edition. It is an essential read, however, for persons considering Validation certification as well as facilities that are considering becoming an Authorized Validation Organization. Family members and other informal caregivers struggling to understand and communicate with a disoriented older adult may experience greater empathy and may be able to more frequently connect with the person after reading this book and implementing the recommended techniques. Students, health professionals, and family members alike will most likely enjoy reading this book due to the numerous cases and examples of application. While Validation is not intended for all disoriented elderly populations, it is an important therapeutic tool for caregivers to have in their tool box.

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Film Review

Grandma, a Thousand Times (Teta, Alf Marra). 48 minutes. 2010. UAE/Qatar/Lebanon: Veritas Film. (Mahmoud Kaabour).

'Grandma, a Thousand Times' is a sweet and poignant documentary about an aging and spirited Lebanese matriarch in a memory-inducing neighbourhood of Beirut. Writer and director, Mahmoud Kaabour, pours his heart out in this measured yet never over-sentimentalized film about his grandmother Teta Kaabour (a.k.a. Hajjieh Fatima). Mahmoud, who has been living abroad, is haunted by an audiotape of his grandfather's violin playing. The seven taqsims (melodic improvisations) on the tape bring the filmmaker back to his home, to the house of Teta. There, we are treated to acts of love; love of a supra-motherly kind that only a grandmother knows how to impart. Mahmoud and Teta reconnect on the screen, and we are witnesses to acts of intimate kinship. We see Teta peeling an orange with a small knife expertly, and then feeding Mahmoud with her clean bare hands.

Part of the charm in this documentary rests with the fact that Mahmoud not only looks like his grandfather, but also bears his first name. In an intricate weaving of intergenerational ties and the annoyances for Teta surrounding Mahmoud's uncanny resemblance to his grandfather, grandma is once again ignited in her anguish and longing for her deceased husband. This is compounded when Mahmoud takes Teta down the street in the morning dressed up in fine clothes, donning a red fez hat before he gets married to Eva Star Sayre.

For most moviegoers, this short