

'Sensuous Divorcee' offers survival kit

By JUDY LYNN

Mother of five, grandmother of one, Helen Tumpson breezed into town recently to promote her book, "The Sensuous Divorcee," which already has sold a quarter of a million copies.

"It's a how to book," said the attractive author, a divorcee for three and a half years after 21 years of marriage.

"I've written about how to survive the aftermath of a divorce for women who've been away from the social dating scene, and the sexual arena," she said.

It's a first book for the writer, who majored in English at the University of Miami.

"Six months after my divorce I was still depressed and writing became therapy," said Mrs. Tumpson. "Ironically, my sadness expressed itself in humor as I wrote."

"I HAD NO idea as I began that I was writing a book," she confessed.

Mrs. Tumpson showed the first pages to friends, who encouraged her to get an agent.

Mrs. Tumpson admits, "Some sections were difficult to write. Incidents mentioned in the book are real, but they all didn't happen to me."

Her depression was short-lived. Soon after her divorce, she became the first employee of the Miami bicentennial celebration for 1976.

For two years, she served as executive assistant for the director of projects.

"THE SENSUOUS Divorcee" has made possible a new life for the 45-year-old woman.

Currently, she's traveling cross-country to promote it.

"It's a grind," she said. "I'm gone from home anywhere from four to 10 days."

Besides promoting the book, the

Miami resident will write a column on "Divorce and Remarriage" for the Star-Telegram Syndicate. She also may do a radio show in Miami.

The author quoted statistics to prove that there's a ready market



Helen Tumpson

for her book. "Today there's one divorce in every 3.6 marriages nationally as contrasted to one in 13 in 1900. In California, it's one out of every two," she said.

HOW DID the Tumpson children react to their mother's book? "They were pleased," affirmed Mrs. Tumpson. "They laughed at the talk that it was sexy, and felt it was mild."

She speaks proudly about her children. Daniel, 21, received a National Science Foundation Fellowship and is working on his doctorate at the University of Sussex, England.

Then there's the 23 year-old twins, Joan and Jill. Joan is a grad-

uate of Yale University and a practicing lawyer in New York City.

Jill is married to a doctor in New Haven and has a baby.

Toby is a sophomore at the University of North Carolina, and Albert is at Hastings Law School in San Francisco.

WILL HELEN Tumpson follow the advice of her book and remarry? She admitted there's some special, but claims, "There are times for me that I'm lonely, but I don't think that marriage is necessarily the right answer."

Meanwhile, life is challenging and interesting for the author of "The Sensuous Divorcee".

In her book, Mrs. Tumpson advises divorcees how to gain new self-confidence and meet men. Invest in good clothing, make-up and hair-dos, she counsels.

She suggests, "Leave the city and make a fresh start. A change of environment is very healthy for the new divorcee. In a new city you can go through a transitional period of sexual anarchy where you're not under the scrutiny of your family and friends."

"IF YOU CAN'T move to a new city, change the locale of your environment," she said.

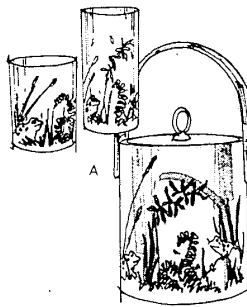
She recommends finding a job where you'll meet men and moving into an apartment building where there are single men.

Mrs. Tumpson does not recommend frequenting bars. She said, "Personally I think it's very embarrassing to sit at a bar with single girlfriends or alone."

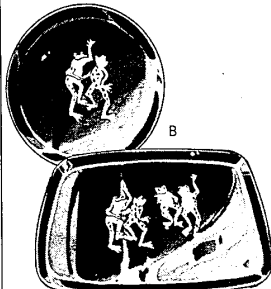
"If the divorce was inevitable, enjoy it," said the author. Mrs. Tumpson emphasized, "I am for rebuilding your life and remarriage."

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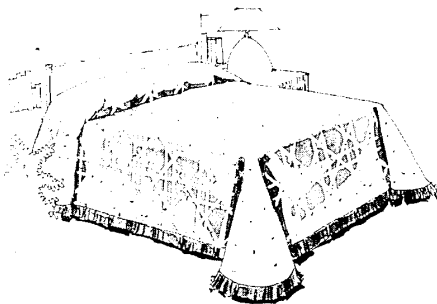
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**WSU singles
slate meeting**

The Wayne State University Singles group will hold a general membership meeting from 4 to 6:30 p.m. Sept. 15 at the Wayne State University Alumni House.

Mary Ellen Riordan, president of the Detroit Teachers' Union, will speak on teacher accountability and on residence requirements for Detroit teachers.

Refreshments will be served. There is an admission charge.

Members and non-members may attend.

**Fordson grads plan
20th class reunion**

The June 1954 graduating class of Fordson High School will hold its 20th class reunion Sept. 28 at Lyskawa Hall in Dearborn.

For information on the dinner dance contact 381-6023.

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