

LAST FLIGHT OUT

Living, Loving, & Leaving

Media Contact

Robyn Williams / Hilary Kaye, HKA, Inc. PR
robyn@hkamarcom.com, hilary@hkamacom.com
714 426 0444

New and Memorable Book on ALS Journey, Last Flight Out, Brings Tears, Laughter to Terminal Illness Memoir

MCLEAN, Va., Oct. 6, 2011 – A compelling new book that chronicles three-war veteran George Thomas' courageous battle with Lou Gehrig's disease (ALS) is achingly poignant and impossibly funny at the same time. Rarely do page-turners like this take readers through such a wide range of raw emotions, yet what makes Last Flight Out truly unique is that the author is also Thomas' devoted widow.

With Last Flight Out, Phyllis A. Langton, www.phyllisalangton.com, delivers a powerful dose of inspiration to all who fear terminal disease for themselves and for their loved ones. From one page to the next, the reader laughs and cries and, at the end, feels compelled to grab hold of a loved one and truly appreciate the little things in life.

Published by Wising Up Press and available on Amazon and through Langton's website, Last Flight Out: Living, Loving & Leaving is a memorable book that catches the reader by surprise. An ALS diagnosis is a certain death sentence and the topic is as dark as they come. Yet as wife and author, Langton has turned her real-life drama into an equally dramatic page-turner that focuses on life, not death, and brings lightness, not darkness, as the reader is propelled to the inevitable conclusion of fighter-pilot George Thomas' life. The book is hard to put down – even while the outcome is known well ahead of the opening sentence.

Langton, 79, is no stranger to writing, as she has authored more than 25 books and articles during her career as a medical sociologist, registered nurse and Professor Emerita in Residence at George Washington University. But Last Flight Out is a departure from her usual writing – she promised her husband she would pen a book to share their story and she used creative non-fiction writing, filled with humor, to achieve her goal.



An energetic woman who hardly looks or acts her near-octogenarian age, Langton lives near Washington, D.C., and has made numerous public appearances, inspirationally addressing groups eager to hear how to live (and die) well despite a terminal illness. Many who know her story have contributed to a growing list of 5-star reviews on Amazon, illustrating that Langton has found her creative voice – her message clearly resonating with readers from California to New York

A few of the most notable reviews on Amazon include:

"Phyllis did a wonderful job of eloquently telling a story in a way that it embraces all ages. She touches on a topic currently being juggled in society: introducing or hiding children from death and illness. Reading this story helps one realize that children can become stronger, more affectionate beings when presented with this 'death and illness.'"

- Claire Ramage

“Phyllis deftly balances the couple's heartbreaking, emotion-choked moments with their humorous exchanges the likes of which are found only on Turner Class Movies comedies today! It is this authentic voice that distinguishes "Last Flight Out" from other fictional and non-fictional works on the death of a loved one – and makes it infinitely more thought provoking.”

- Kellie Boyle

“The book is right on with the realistic way it portrays a caretaker's conflicting feelings. There are helpful words for dealing with the medical profession, celebrating small moments, considering children in the process, acknowledging the positives that are there, and accepting help.”

- Joan Hammel

“Last Flight Out takes the reader on an emotional roller coaster through the depths and the heights of the valiant effort made to live life to its fullest, while knowing their time together was coming to an end. Phyllis tells her story with both brutal honesty and humor. It's a beautiful love story and a hard book to put down.”

- Jeannette Terry

“Intimacy, humor, and joy are not words I typically associate with death and yet these are the themes that shine through in Last Flight Out. This inspirational memoir is a love story about commitments: to the partnership of marriage, to end of life choices, and to living life to the fullest.”

- Susan Duffy

“Phyllis Langton has shared with us a remarkable gift in her memoir Last Flight Out. When I received the book, I thought I would glance at it briefly since I was immersed in reading a book for my book club. From the moment I opened the book, I couldn't put it down. The writing draws you in, grips you, and keeps you turning page after page. I laughed and cried throughout the book, often at the same time.”

- MaryAnn DiMola

“It is too easy to get lost in the pursuit of a cure, or in grief and exhaustion, or sometimes anger or even avoidance, when a loved one is seriously ill. Yet Phyllis and George, knowing how precious every single day of life is, chose to live their life with grace and humor. Last Flight Out is not about illness, it is about living life fully and about love.”

- Susan Okula

“Take this journey with Phyllis and George. It will prove extremely rewarding for your own life. Encourage others to read this memoir because there continues to be so many myths surrounding dying at home.”

- Dianne Kammerer

###