



In Your Prime: Older, Wiser, Happier

By India Knight

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, In Your Prime: Older, Wiser, Happier, India Knight, "I love India and her no-nonsense, honest and utterly hilarious guide to navigating the post-45 years." (Marian Keyes, Mail on Sunday). "A route map for the midlifer woman. Knight tackles every issue - beauty, menopause, laser eye surgery.she is not held back by the fear of laying down the law." (The Times). Happy, confident, in control, ready to do and enjoy everything that comes your way - you're definitely In Your Prime. But too many of us allow mid-life's little nuisances to dictate how and who we are. So let India Knight tell you how to deal with the obstacles while living life to the full. Whether it is coping with ageing parents, divorce, dating, teenagers, wavering libidos or your saggy bits, India dispenses perfect tips. She'll instruct you how to drink, dress and party gracefully (or disgracefully), but above all she'll show that happiness is the one thing you deserve. This is the book that will tell you how to live the rest of your life.



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