



In Your Prime: Older, Wiser, Happier (Paperback)

By India Knight

Penguin Books Ltd, United Kingdom, 2015. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. 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 TimesHappy, 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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