

Mary Fran  
Bontempo



# NOT Ready for Granny Panties

The ~~10~~ 11  
Commandments  
for Avoiding  
Granny Panties

With illustrations by Pat Achilles

*Mary Fran Bontempo*

## **Not Ready for Granny Panties--The 11 Commandments for Avoiding Granny Panties**



[continue reading](#)

It happens to the best of us. So join Mary Fran Bontempo and learn a new set of Commandments that may enable you to avoid the Granny Panties and love life in the middle years. Yes, aging is definitely unavoidable, but looking, and acting, like your grandma is not. A woman who's firmly strapped right into a giant couple of GRANNY PANTIES. On a time like any various other, you look into the mirror and find a cranky, worn-out, middle-aged woman staring back again at you. You'll laugh, learn a couple of things and with any good fortune, bid a permanent goodbye to GRANNY PANTIES and the old hag in the mirror!



[continue reading](#)

Granny Oants Interesting. For Moms of most Ages It had been smart and funny - perfectly written and totally relatable.. A feisty appear at middle age After a very stressful week, Mary Fran Bontempo's Not Ready for Granny Panties--The 11 Commandments for Avoiding Granny Panties was just the book I needed to read to greatly help me relax this Friday evening.In her usual feisty, conversational way, Mary Fran covers in eleven short chapters issues affecting people, middle-aged ladies, and gives us permission to challenge our inner controlling personal and indulge ourselves in small ways. Concepts apply to all age range, which remind us to live life to the fullest!It is these little things, Mary Fran tells us, that will remind us we're worth it and help us re-connect with our family members without resenting them for taking us for granted.Besides helping us, quoting Oprah, end up being the best we are able to be, if we follow her advice we could keep those dreadful granny panties away. Bontempo has a method of knowing the inner workings of a woman, relating to her thoughts, and then helping her forget about the necessity to be perfect. This book was humorous and insightful and just what I . This is an excellent read and one that every woman needs in their library.. This book was humorous and insightful and just what I needed to stand in my power to navigate the middle years! I'm sticking to my bikini undies! Mary Fran has a way to lower through the drama and get to the point to encourage you on your journey and add laughter on the way. Enjoyable read! This is an excellent read and one which every woman needs in their .Among them, she suggest allowing ourselves to utilize the fancy dishes you never use for fear that they could break, light that expensive candle we got last Christmas or rediscover our internal child blowing bubbles in the garden. Enjoyable read, with encouraging insights into life's perspectives as an 'older' woman.. It's a must go through for the harried mother.. I browse it on a trip and at one point was laughing so difficult travellers on my plane had been staring at me.Pat Achilles's illustrations certainly are a treat in themselves.



[continue reading](#)

download free Not Ready for Granny Panties--The 11 Commandments for Avoiding Granny Panties epub

download free Not Ready for Granny Panties--The 11 Commandments for Avoiding Granny Panties pdf

[download free Raw Food Controversies: How to Avoid Common Mistakes That May Sabotage Your Health txt](#)

[download free Nutritious and Delicious txt](#)

[download free Hollywood Beauty Secrets: Remedies to the Rescue e-book](#)