



**JUST WHEN
YOU'RE
COMFORTABLE
IN YOUR OWN
SKIN,
IT STARTS
TO SAG**

rewriting the rules of midlife

Amy Nobile & Trisha Ashworth

*Authors of the Bestseller *I Was a Really Good Mom Before I Had Kids**

Amy Nobile

Just When You're Comfortable in Your Own Skin, It Starts to Sag: Rewriting the Rules to Midlife



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With the voice of a good friend, this clever and witty guide from bestselling duo Trisha Ashworth and Amy Nobile takes women through the brand new and sometimes challenging midlife phase, with chapters including: . and that there surely is beauty after age 40!.. - How to care for yourself if you are also caring for growing kids and aging parents) - Navigating midlife relationships and dating (did somebody say dating apps?? As seen on Oprah, Trisha and Amy talk about their own perspectives and encounters to bring clarity, guidance and support while reassuring visitors they're not only on the right course. What's next for me?" Here, they'll find a street map for how to embrace and thrive in this new phase of life. With helpful quizzes, friendly suggestions, and inspiring quotes from women who've been there, this smart and engaging publication gives readers the tools to carefully turn a midlife crisis right into a midlife chance.- Discovering new profession paths and brand-new meaning in your life Whether married, one, widowed, divorced, with kids or without, at some point females inevitably ask the question, "- Redefining what beauty means after age 40.. but that the very best years remain to come.



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Fun balance of Wisdom, Perspective & The authors, Amy Nobile and Trisha Ashworth, have written two previous books about other levels in life, *I Was A Really Good Mother Before I Had Kids* and *I'd Trade MY HUBBY for a Housekeeper*. What makes this publication most worthwhile may be the balance the authors look for between seemingly contradictory truths on the subject of becoming "ladies of a certain age. Breath of oxygen! They are educated, achieved and ambitious. Yes, they understand the deep value of wisdom obtained through encounter, long-term friendships, motherhood, spiritual exploration! There is no heading back. I received this publication in a LibraryThing Early Reviewer giveaway and I'm grateful I did so!" Nor do we have to! " This reserve reminds us we're simply striking our stride, and although we may involve some doubts, we May look forward to a far more deeply beautiful next stage. An instant, witty and insightful whenever a midlife review is necessary Whichever part of middle-age you're starting to question your life from, 35-55, there's something in this publication that will resonate, make you dig deep and offer you with a giggle on the way. Love it! I so appreciate this publication and starting the discussion around 'Perennials'! In every among their books I have read about someone I can completely relate with! Glad someone is trying to capture it!" Yes! This book is such a breath of fresh air! I'm 49 and tackling the issues of teenage kids, maturing parents, and what I want out of existence in my own 50's and beyond.. Creating one is interesting, exhausting, exhilarating and daunting all at the same time. The book is like an excellent girlfriend. Sorry but I don't find RBG appealing inside or out. At the same time, as they hit their mid-forties and beyond, they experience and struggle with WTF moments of looking in the mirror rather than seeing their 30 season older selves! Or something we'd expect from our parents' generation. So thankful for this modern take on marriage, career, maturing, and motherhood as my goals change at this time in my own life! As the publication says "we are uniquely enduring". I treasured how honest the authors had been. Love these authors and their previous works as well, but this latest quantity is really hitting home in the easiest way. Honest and witty, it had me laughing while diving deeper on a whole lot of important issues. These ladies possess brought together an excellent, funny These ladies possess brought together an excellent, funny, honest, and true community of women. There is no road map because of this new edition of mid-life. It makes me believe, LOL, and feel relieved that I'm not the 'only one'. SYNOPSIS I was fortunate to get a free duplicate from the publisher, Chronicle Books. With every stage I go through - they get it right. Proud to be a perennial! Recommended reading, but it wrapped up prematurely for my liking... Five Stars Fast shipping and great book While I guess I'm technically considered "middle aged", that seems like this outdated term! If you're looking for substantial advice like "Get Botox, don't obtain Botox but whatever you do, forgive yourself, enjoy, and move on! After reading about additional females out there feeling the same way I do, I was wishing fo more discussion on how best to deal with it. you will enjoy reading you are not alone in many of . Getting a perennial is so much better than being middle-aged, isn't it? I love the idea of reinventing midlife and feel just like there have been a million "yes, that's how I feel!" moments in this book. The quotes are laugh-and-loud and can remind you that you will be not alone on this fun journey!The quick quizzes on each chapter are intriguing to see what's true of your life and the questions to truly get you past that brutal moment of 'is this all there is' are certain to get you thinking and back again on a way to reclaiming a vintage or finding your next joy. When YOU UNDERSTAND it's Time to Change This book validates you are allowed to reclaim your daily life and that you ought to do it unapologetically!Put your own mask on first.... Fantastic Guidebook for Our Middle Age Witty and hilarious, this is actually the guidebook to our "middle years" that I'm sure our predecessors wish that they had. I'd give this as something special to my friends, for sure. This publication is a hilarious take on learning to make peace with that fact, and moving on w/out "letting ourselves go. Meaningless book for idiots It's written for those who don't practice much introspection or who spend all their free time watching television. I found on the fact that this publication is for "nasty" women when every single one of the "attractive" ladies on page 114 are liberals. Think about a Laura Bush or Cindy/Megan McCain? This

quick go through was filled up with the voices of plenty of women exactly like me who are in the middle of their life and so are reinventing what everything means! Glad I acquired this reserve at the library and didn't give these authors a cent. I gave it 4 stars rather than 5 as the advice part was a little rushed and thin." after that by all means choose the book. Otherwise, find a different book. I love being in my own forties We love being in my forties. My life and my own body aren't ideal, but my forties have taught me that it is OKAY. I'm comfortable with who I am, what I am, and where I am going. I'm comfortable in my skin. That's why the book, Just When You're Comfortable in Your Own Skin, It Starts to Sag Scanning this publication, I sensed empowered and validated. I love the quizzes in the beginning and have tagged some of the quick reference pages at the end of each chapter. Humor! Just one would have been fine! They didn't sugar layer anything. They didn't cause you to feel like you're doing it all wrong, or that there is only one easiest way to succeed through this next phase of lifestyle.was one I understood I had to read. If you are a woman on either aspect of mid-existence, you will enjoy reading that you will be not alone in many of things you have already been going right through and feeling about family, career and aging.



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