



Sparkle
On...

WOMEN AGING
IN GRATITUDE

KIM KANE

Kim Kane

Sparkle On: Women Aging in Gratitude



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I'll just say it: We are a "girl of a certain age." No one wants to talk about aging—specifically aging women. We're not likely to bring up the changes to our bodies or lifestyle. We've made a friend and joined the ranks of bold, honest ladies who also are aging in gratitude. It helps but to break wind in yoga. And we're not at all said to be happy about getting older (as though we'd a more appealing option). And for that, why should anyone feel not gratitude? she had a nagging feeling there is more to aging in our lifestyle than colonoscopies and early bed instances. She started hosting gatherings of ladies to discuss important queries about the psychological, interpersonal, and physiological adjustments in the aging experience. And by the end, you'll feel like you're not at all said to be happy about getting older (as though we'd a more appealing option). There are moments of poignancy and a lot of laughs. And with grace and humor, the reality about aging begun to emerge: Aging actually just means living. Sparkle On touches on from fashion options, to human relationships, to grief, and everything among. We're not likely to mention the weird food grievances all of us develop, nor the actual fact that we may'



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Fantastic Read!! Every anecdote is indeed engaging I couldn't wait for another one. Aged 59, 72, 75 and 90. We required turns reading the book out loud. Everyone appreciated the author's humor, we never laughed so very much! I appreciated reading out loud because it gave each one of us the opportunity to inform about their personal experiences. I could relate with and appreciate a lot of Kim's stories. Bad pick for book Absolutely dumbest reserve ever! I could not put it down. It's certainly nice to learn I'm not the only one going through these "changes"! I will give the publication to my daughter who's beginning to sparkle. We all age The writer faces how our anatomies age with such humor, I laughed out loud. It's always good to know those things are normal. Actually facing the decisions for our funerals or celebrations can be met with some humor. "Sparkle On" is indeed very empowering also specifically in today's times. Kim takes you from funny and light to significant and thought provoking! As another "Female of a certain age" I could determine with every word. And simply because a grammie & a widow, many things really hit home. I loved out so much, I bought 10 copies and gave them to sisters & friends.. Just what a GREAT book! Wonderful, humorous read This book was hilarious, informative and just fun to read. Could she become the Erma Bombeck of her era?! Have previously recommended it to numerous of my client and they enjoyed it just as much as me:) While it reads such as a CONVERSATION you can have with oneself about acceptance .. You will laugh and cry and discover so a lot of yourself in the tales. This little book is merely delightful! While it reads like a CONVERSATION one could have got with oneself about acceptance of the inevitable and a procedure for these challenging moments, Kim's unique capability to create a sensible voice is a treat. With its honesty, humor, and respect for a 'certain age,' Kim Kane allows readers to end up with an changed attitude to assist in the continuing journey. I instantly had to get copies for some of my closest university friends; I can hardly WAIT to listen to what they have to say. Thanks Kim! Funny, silly, serious all wrapped up in one Thanks a lot Kim Kane for a great read.. What a GREAT book! She even makes becoming a tad introspective or melancholy a thing that you can handle with a dose of humor, several solid girlfriends and of course a liberal dosage of "Sparkle"! Ms. I await her next book. We recently had the chance to stay at a ranch in Montana with three other wonderful girls. Her writing enables you to feel as if you're out for supper with her and sharing your life over one glass of wine. I must admit this isn't the type of publication I'm naturally drawn to, but when I picked it up I didn't want to put it down. Kane writes about what so many women of a particular age are thinking and experiencing and she will it with wit, humor and honesty! I have to admit this isn't the kind of book . I'm looking towards her follow-up book. If your not really likely to Montana and have to learn the book alone, I would still highly recommend it! It had been wonderful to laugh, often aloud, at the tales she tells. Just what a fun, great reserve for those of us in this stage of our lives. I anticipate her next publication but while I wait around I will remember to Sparkle On and pass on the sparkle as I go! Bad pick for reserve club Five Stars Loved this book. It was a present from a friend and was so fun, assisting me sparkle?? Just what a fun, great publication for those folks in this ..! Kim mixes fun and seriousness together well and makes for a well woven browse. this book was very easy and fun to read this book was very easy and fun to learn. Therefore grateful for the insight and delivery of Ms. Kane as she describes these phases mainly because we get to the various points and age group gracefully.Ms Kane also writes how important lady friends are, whether very long time close friends or current. Thanks so very much for brightening up many people's lives together with your compilation of stories and phrases of wisdom. A Must Read! This is essential read for all women of a "certain age". You will laugh and cry while reading the tiny tales about Kim and the girls she has interviewed. There are therefore many stories in this reserve that I could totally relate to!! Fun read Yes it had been amusing but since We am well past the beginning of middle age (81), I was history most

conditions, but nonetheless sparkle. SPARKLE ON females!! Every chapter brought smiles and laughter!.. Can't await another fun reserve to read. Kim writes to all as a good friend would The book really reminded me how important it really is in all honesty with myself also to own what I cannot change. What a liberating feeling! Kim writes to all or any as an excellent friend would.



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