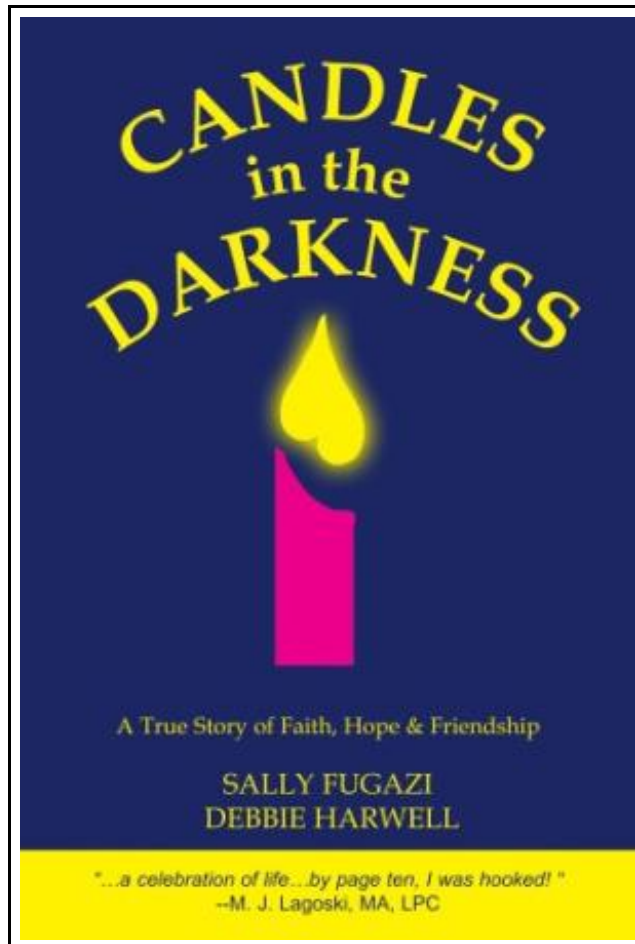


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Authorhouse. Paperback. Book Condition: New. Paperback. 312 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. A true story of two women in midlife, their joys, their sorrows, their sagging skin--and, most important Their Attitude: Life is too short to be miserable! It's a sweltering summer but no vacation for Sal and Deb: pregnant daughters, weddings (in that order), elderly parents, teenagers, grandchildren--and that's the boring part! Fall emerges, the season where we reap what we have sown: Deb, overwhelmed with tending aging parents, collapses into clinical depression. Armed with her own previous experience with depression and anxiety, Sal lights a candle for her friend and they begin an inspiring journey together out of the darkness. How do they do it? Drugs Therapy Prayer Humor ABSOLUTELY!!! Take notes!!! Time to celebrate the holidays! The dialogue is uplifting: breast biopsies are treated with wine and chocolate chip cookies; a true tale of a serial killer bird entertains them while awaiting test results and tiny granddaughters to be born. Finally, the fattening feasts are over, but life doesn't slow down. Enjoy the ride as Sal and Deb careen on hormonal roller coasters through midlife (sometimes accompanied by their raging counterparts: adolescent children). It's a wild ride, with a soft landing. Hop on and buckle up! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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