



## Best Knickers Always: 50 Lessons for Midlife

By Rebecca Perkins

Orion Publishing Co. Paperback. Book Condition: new. BRAND NEW, Best Knickers Always: 50 Lessons for Midlife, Rebecca Perkins, Have you ever caught a glimpse of yourself in the mirror and wondered who is that woman staring back? Could your relationship do with a revamp? Or are you coping with divorce and wondering if you can ever face dating again? Do you wonder where your confidence went? Do you have a little voice that says, 'Oh I couldn't, I'm too old/ unfit/ overweight/ tired?' Rebecca Perkins's message is simple: women are living longer than ever. Midlife is now something to be embraced and celebrated, the beginning of a whole new era where you can start living the life you want. With advice on the issues we all face as milestone birthdays approach, be it 40, 50 or 60, Rebecca Perkins explains why midlife is a time of wisdom, reflection and celebration. With lessons like: Be Less Available; Don't Self-Sabotage; Have a Kitchen Disco Playlist; it's full of reminders about self-esteem, looking forward and being happier, either by changing your life or rediscovering what you lost sight of along the way. With 50 delightful lessons to empower and inspire, BEST KNICKERS ALWAYS...



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-- Alford Kihn

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Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...

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### **DK Readers Day at Greenhill Farm Level 1 Beginning to Read**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...

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### **It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em**

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...

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### **Dom's Dragon - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner of a friendly dragon called Glow! But...

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Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...

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### **You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most**

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...