



Move Over, Mrs. Robinson: The Vibrant Guide to Dating, Mating and Relating for Women of a Certain Age

Wendy Salisbury

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The Vibrant Guide to Dating, Mating and Relating for Women of a Certain Age

Wendy Salisbury and Maggi Russell

The only four rules in life: Love More, Exercise More, Eat Less and Try to Laugh

Absolutely every problem you will ever encounter from here on can be solved by the endless recombining of these four basic rules. Try it: Living beyond your means? Eat Less. Bad thighs? Love them More, Exercise More. Hopeless sex? Find someone you Love More (and probably Eat Less and Exercise More, too). Fear of Death? Love More, Exercise More, Eat Less, and Laugh in its Face (oh, and also, moisturize).

After all, the passage through middle age is fraught with relief and regret--relief that we no longer have to go out with so many inappropriate men, and regret that fewer of them are actually asking us out. And while some things are perhaps no longer tasteful, possibility is all a matter of attitude.

So whether you're out to find the perfect man, or are just looking for a boy toy to while away the hours, you'll find this book full of bracing encouragement for doing life well no matter your D.O.B.

TOC

- 1 Dating, Mating and Relating
- 2 Sex Mates
- 3 An Unsuitable Boy
- 4 Soulmates
- 5 The Mistress
- 6 Body and Soul
- 7 The Sisterhood
- 8 All By Your Self
- 9 (Draw Your Own) Conclusion

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