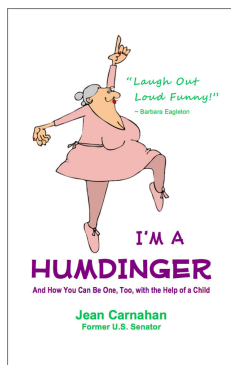


# FITNESSNECTAR.COM Ebook and Manual Reference

## I M A HUMDINGER EBOOKS 2019



Author: Jean Carnahan

Release Date: Expected @@expectedReleaseDate@@

LOOK FOR THE LAUGH, says author, octogenarian, and former U.S. Senator Jean Carnahan. She always does and she usually gets it. In this wise and deeply funny collection of essays, she explores the nuances, mysteries, and delights of parenting, grandparenting, friendship, health, youth, technology, and old friends.

In the tradition of Erma Bombeck and Nora Ephron, Jean Carnahan will make you laugh out loud as she illuminates the funny and poignant aspects of growing old.

In these forty laugh-out-loud essays, Jean and her old friend Edna (who fans will remember from WITH A LITTLE HELP FROM MY FRIENDS) are opinionated and vociferous.

With sly wit and comforting wisdom, Carnahan even pokes fun of advice: "Treat a cold and it lasts seven days; leave it alone and it's gone in a week."

SOME DAYS YOU'RE THE PIGEON, and some days you're the statue. In this charming book, the former First Lady of Missouri and U.S. Senator has advice for both kinds of days.

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