

In Your Prime: Older Wiser Happier By India Knight

By India Knight

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India Knight wanted to write a jolly manual to help women as they approach their 50 th birthdays, and the result is In Your Prime: Older, Wiser, Happier, which

<http://www.high50.com/culture/india-knight-in-your-prime-the-new-must-have-book-for-women-at-50>

Colour, teeth and feet are crucial to India Knight s vision of successful ageing. Photograph: In Your Prime is published by Fig Tree (16.99).

<http://www.theguardian.com/books/2014/oct/27/in-your-prime-india-knight-review-older-wiser-happier>

In Your Prime : Older, Wiser, Happier. Whether it is coping with ageing parents, divorce, dating, teenagers, wavering libidos or your saggy bits, this book tells you

<http://www.mailbookshop.co.uk/StoreFront/Product/India-Knight/In-Your-Prime--Older-Wiser-Happier/17261062>

All about me yes, but these tips on ageing are also full of wit and style The experience of reading In Your Prime is a bit like going out for a drink with a

<http://www.theguardian.com/books/2014/nov/01/in-your-prime-older-wiser-happier-india-knight-review>

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<http://www.fatbrain.co.uk/product/default.aspx?isbn=9780241003183>

In Your Prime is the definitive, much-needed guide to getting older with confidence and panache. Older, Wiser, Happier Author: Knight India.

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'In Your Prime: Older, Wiser, Happier' by India Knight is an guide to all the quandries of modern-day middle age - part memoir, part invaluable manual. The cover is a

<http://www.vam.ac.uk/b/va-illustration-awards-2015/published/book-cover-illustrations/your-prime>

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Journalist India Knight's book about being older. In Your Prime Older, Wiser, Happier India Knight

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