

# In Your Prime: Older Wiser Happier By India Knight

By India Knight

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<http://www.nook.com/gb/ebooks/in-your-prime-older-wiser-happier-by-india-knight/9780241967843>

Oct 21, 2014 Kim Phuc archive; Womb Transplants; India Knight. Woman's Hour. An iconic In Your Prime-Older, Wiser, Happier is part guide,

<http://www.bbc.co.uk/programmes/b041s11x>

As India Knight says in the first chapter of her new book, it used to be so simple : whether you were a spinster or a matriarch, being a 50-year-old woman in say

<http://www.readersdigest.co.uk/books/reviews/excerpt-your-prime-older-wiser-happier-india-knight>

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>

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>

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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'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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<http://www.penguin.co.uk/books/in-your-prime/9780241967843/>

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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We find India Knight's writing fairly addictive and her Sunday Times columns are often the highlights of our weekend reading. We're thrilled therefore that she

<http://a-littlebird.com/2014/10/20/win-a-copy-of-india-knights-in-your-prime-older-wiser-happier/>

Product: In Your Prime: Older, Wiser, Happier; Categories. Vitamins; Minerals; Herbal Remedies; Essential Fatty Acids; Antioxidants; Green Foods; Berries; Amino Acids

<https://www.victoriahealth.com/product/In-Your-Prime-Older-Wiser-Happier/11475>

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<http://leedsreads.net/2014/12/24/feeling-your-age-try-in-your-prime-older-wiser-happier/>

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>

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