



# BOOK NEWS & NOTES

## Fabulous After 50

(NAPSA)—For women in this day and age, hitting 50 doesn't automatically call for breaking out the knitting needles. Today's mature woman has the verve and style of a much younger person, yet she emanates the power and wisdom that can only come with those extra years.

While life may not exactly begin at 50, it doesn't have to lose



speed either. Women wanting to keep their lives glamorous, confident, sexy and successful can find a bonanza of experience and advice in “Fabulous

After 50: And Sexy at 60!” (Plume, \$13).

Co-author Judy Steinberg, an attractive, vibrant woman who is often mistaken for someone decades younger, was utterly shocked when she first experienced age discrimination. At that moment, she vowed to share her frank and funny insights with older women everywhere.

With great panache, Steinberg offers tips and tricks on everything from diets and exercise to interpreting what a man is really saying and the importance of female friendships.

Whether one is suddenly single or simply looking for some sisterly advice, Steinberg navigates the course by addressing issues specific to women who are old enough to remember “Sex and the Single Girl.”

The book is a salute to a new generation of vital, successful and gorgeous older women.