



Best Knickers Always: 50 Lessons For Midlife

Rebecca Perkins

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Have you ever caught a glimpse of yourself in the mirror and wondered who is that woman staring back? Could your relationship do with a revamp? Or are you coping with divorce and wondering if you can ever face dating again? Do you wonder where your confidence went? Do you have a little voice that says, "Oh I couldn't, I'm too old/ unfit/ overweight/ tired?" Rebecca Perkins's message is simple: women are living longer than ever. Midlife is now something to be embraced and celebrated, the beginning of a whole new era where you can start living the life you want. With advice on the issues we all face as milestone birthdays approach, be it 40, 50 or 60, Rebecca Perkins explains why midlife is a time of wisdom, reflection and celebration. With lessons like: Be Less Available; Don't Self-Sabotage; Have a Kitchen Disco Playlist; it's full of reminders about self-esteem, looking forward and being happier, either by changing your life or rediscovering what you lost sight of along the way. With 50 delightful lessons to empower and inspire, *Best Knickers Always* is like a pep-talk from a best friend, telling you how to change your life one day at a time, one step at a time, by being kind to yourself. It's not just a celebration of life, it's a companion.

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