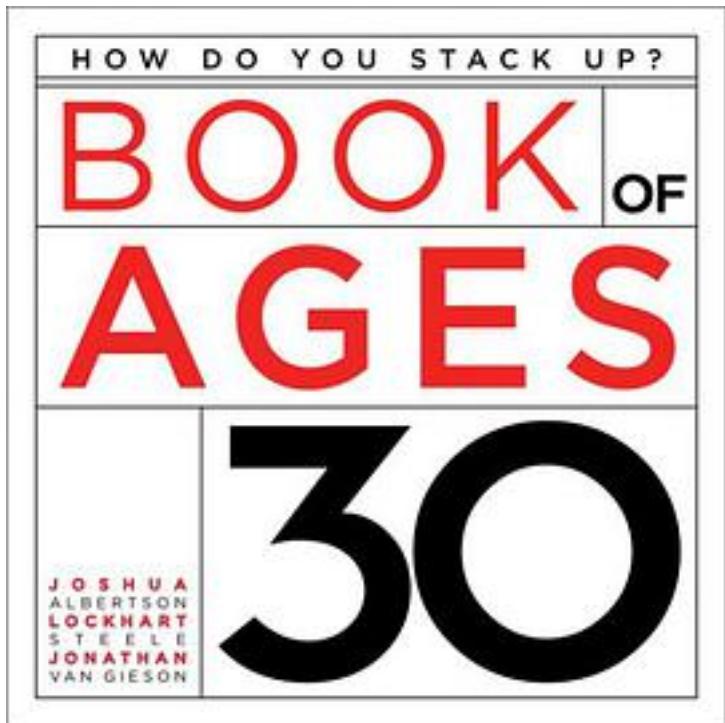


Book of Ages 30



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著者:Lockhart Steele

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This year about four million people in the United States will turn 30. If you're one of them, the bad news is that you're older than 42 percent of Americans. You've already lost 10 percent of your muscle mass. And, on average, you're almost \$20,000 in debt. But don't despair. At 30, Harrison Ford was working as a carpenter, and neither Oprah nor Jane Austen had found fame. Edvard Munch's famous painting The Scream? Created at 30. And, most heartening, you're still gettin' it on—2.24 times a week.

These are but a few of the factoids, demographic stats, quotes, biographical sketches,

and sage and not-so-sage observations in this illustrated celebration of this landmark birthday and the decade that follows. Featuring everything you ever wanted to know about your 30s— and a few things you probably didn’t— Book of Ages 30 offers a chance to reflect on past accomplishments, look ahead to future successes, and completely freak out — all at the same time.

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