

100 Things I'm Not Going to Do Now That I'm Over 50



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Celebrating a decade of celebrating 50...with a nip and a tuck because lots has happened in 10 years.

Wise, witty, and whimsical, this list of "things not to do" shows every woman that in order to make the most of being over 50, she has to remember some hard-earned life lessons-about the value of freedom, fun, and feeling good. As "every woman," Crisp

resolves not to introduce body parts as topics of conversation, wear a corsage, talk like the kids, or miss an eclipse-and 96 other spirited refusals that will inspire anyone over 50 (and some under-50s, too) to kick up their heels, kick up a fuss-and keep getting a kick out of life.

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