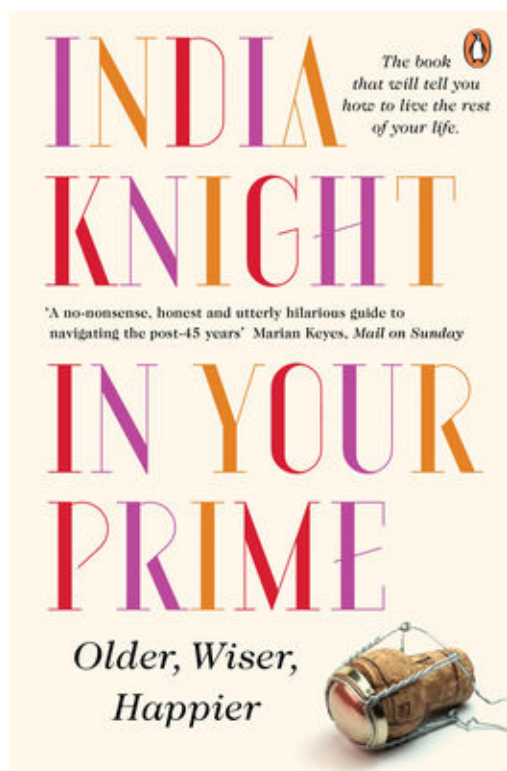


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Humane, witty, wise and full of practical advice: India Knight's guide to ageing is the book every woman has been waiting for.

'Our mothers' fifty is not our fifty. We have no map, no blueprint, no nothing. We have no sense of what is and isn't age-appropriate, or even of whether age-appropriateness is still relevant. We're supposed to be grown-up, but we seldom feel it.'

Part guide, part memoir, part manual, in *In Your Prime* India Knight seeks to provide proper, weighty answers to the questions women are asking themselves now. Covering a wide range of subjects from clothes and cosmetics, being a parent to older children, having older parents and what that entails, and of course, the menopause, *In Your Prime* is the definitive, much-needed guide to approaching middle age with confidence and panache.

India Knight is the author of three previous novels: *My Life on a Plate*, *Don't You Want Me* and *Comfort and Joy*. Her non-fiction books include *The Shops*, the bestselling diet book *Neris and India's Idiot-Proof Diet*, the accompanying bestselling cookbook *Neris and India's Idiot-Proof Diet Cookbook* and *The Thrift Book*. India is a columnist for the *Sunday Times* and lives in London with her three children.

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