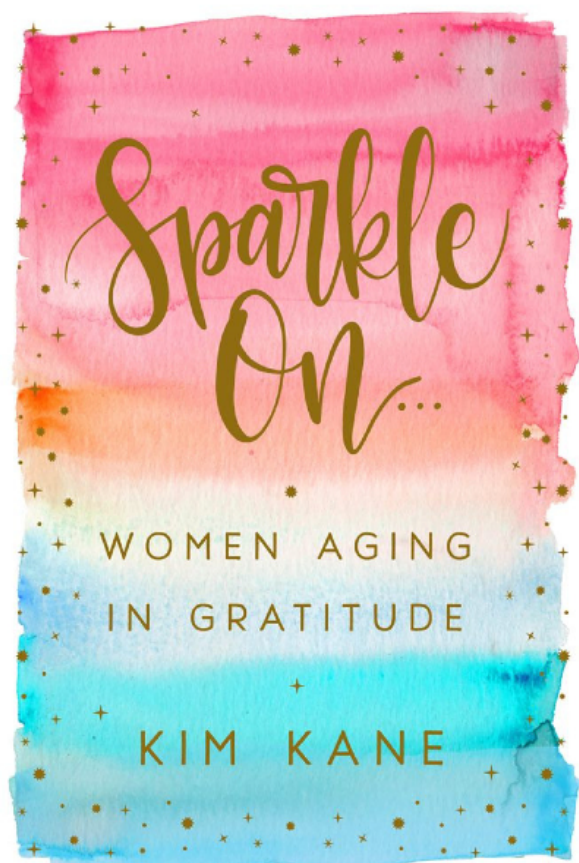


KIM KANE PRESENTS

Sparkle On: Women Aging in Gratitude



ABOUT THE BOOK

No one wants to talk about aging- especially aging women. They're not supposed to bring up the changes to their bodies and lifestyles. They're not supposed to mention the weird food grievances they develop, nor the fact that they can't help but break wind in yoga. And they're definitely not supposed to be happy about growing older.

As humorist Kim Kane entered into this strange new era of "a certain age", she had a nagging feeling there was more to aging in our culture than colonoscopies and early bed times. She began hosting gatherings of women to discuss important questions about the psychological, social, and physiological changes in the aging experience. And with grace and humor, the truth about aging began to emerge:

Aging really just means living. And for that, why should anyone feel anything but gratitude?

Readers of Sparkle On will feel as though they've made a friend and have joined the ranks of the bold, honest women who are aging along with them-- aging in gratitude.

PRAISE

"You find your head nodding, lips smiling, or heart lurching. But in the end you find your heart soaring at the beauty and possibilities of being a woman of this age!"

With gratitude,

Kathy Ritter (retired elementary teacher)

"Imperfection is ok, we are not alone, our minds are filled with accumulated wisdom & aging when mixed with gratitude creates a balance women need & want. Thank you for sharing!"

-Loni Gradick

ISBN: 978-1-63489-057-1

Price: \$15.95

Format: Paperback

Publisher: Wise Ink Creative Publishing

Available at Amazon and

www.kimkaneandgratitude.com

ABOUT THE AUTHOR

Kim Kane has entertained and informed women all around the country on topics ranging from raising families, stress reduction, mindfulness practices, and most recently on women, aging and living in gratitude. Her mix of stories, both humorous and tender-hearted, help to create the sense that you are in her living room having a personal conversation over a cup of coffee, or more often than not, a glass of wine. She works and lives a life of gratitude in Minneapolis, Minnesota, with her family.



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