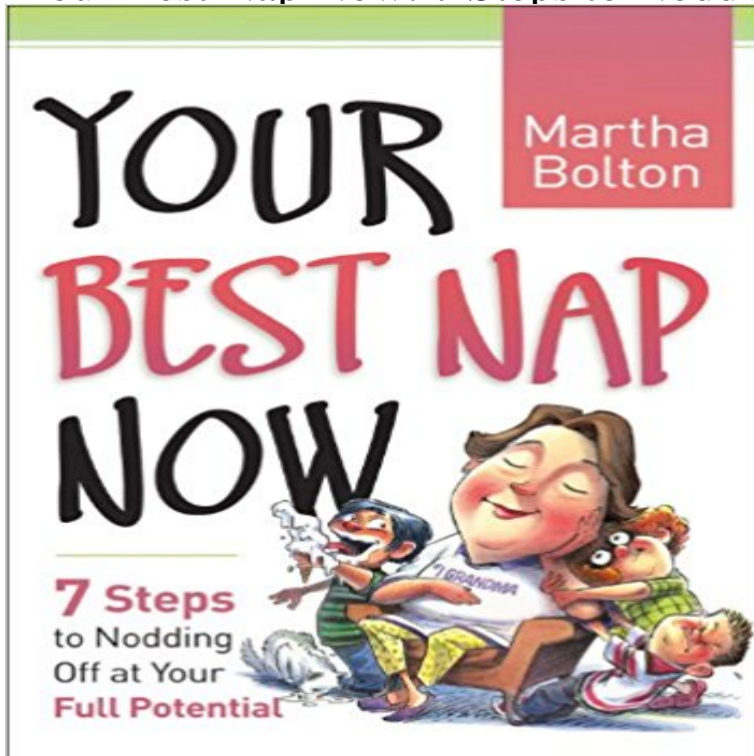


Your Best Nap Now: 7 Steps to Nodding Off at Your Full Potential



No one looks at growing older quite like Martha Bolton. Whether she's contemplating why some people turn cantankerous as they age, suggesting songs and books for the middle years, or looking at the benefits of shrinking, she keeps readers laughing out loud. And when readers are laughing the loudest, she'll touch them with a moving or poignant observation to remind them about the value of life. This new book from the full-time comedy writer follows in the wake of *Its Always Darkest Before the Fridge Door Opens* and the bestselling *Didnt My Skin Used to Fit?*

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