



## How to Meet a Man After Forty: and Other Midlife Dilemmas Solved

By Shane Watson

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**How to Meet a Man After Forty: and Other Midlife Dilemmas Solved** By Shane Watson

**For all of the forty-plus Bridget Joneses-a refreshingly funny guide to middle-aging with grace**

After marrying the man of her dreams while in her midforties, Shane Watson took a trip to her local beauty salon and found herself mobbed by fellow patrons eager to know how she did it. The experience opened the journalist's eyes to just how terrified millions of single middle-aged women are of never finding love-and of aging itself.

Written in a conversational tone laced with frank and funny insights, *How to Meet a Man After Forty* answers critical questions such as: "Should I wax my mustache?" and "Am I having the right amount of sex?" Shane also ruminates on the importance of the right kind of friendships and offers tips on how a woman can look young and fit without raiding her twenty-year-old- niece's wardrobe or blowing her 401(k) on plastic surgery. From a spokeswoman for a generation that wanted to find itself before getting married and now may find that it's too late, this is a delightfully acerbic guide to aging with style and individuality-and with the faith that it's never too late for love.

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**How to Meet a Man After Forty: and Other Midlife Dilemmas Solved** By Shane Watson **Bibliography**

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#### About the Author

**Shane Watson** is a British author, journalist, and celebrated columnist for *The Sunday Times* (London).

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