



# Is It Just Me?: The Modern Woman's Survival Guide

*Shane Watson*

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**Is It Just Me?: The Modern Woman's Survival Guide** Shane Watson

**A refreshingly cheeky guide to middle-aging with grace**

The age of forty-and-fated-for-spinsterhood is gone. Just ask journalist Shane Watson, who met and married Mr. Right in her mid- forties. Shane assures us that it is never too late to find love, rekindle your sex life-or do neither and just be fabulous. In her witty and brilliantly irreverent guide, she offers advice on handling all things female-and a much-needed dose of humor for all the forty-plus Bridget Joneses pondering the big questions like:

?Am I having enough sex?

?Should I wax my moustache?

?Is it just me, or is life getting much, much weirder?

Written in a conversational tone laced with frank and funny insights, *Is It Just Me?* is a delightfully acerbic guide to aging with style and individuality.

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