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By Stephanie Zia

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.A year after her husband s death, backup singer Sally Lightfoot, 50, is resigned to aging gracefully - with added chocolate. She misses her irreplaceable husband desperately. In an attempt to climb out of her rut, Sally is following a to do list in her self-help book *How To Win As A Widow*, but her wildchild rock chick friend, Ramone, has other ideas and sexes up Sally s list considerably: 1.Don t do anything rash. Consider, one minute max. Decide, one minute max. DO. Done! Keep on MOVING.! 2.Don t let your worries about the future escalate out of control. Stay in the present moment. Meditation classes are good for this. Forget thinking about nothing, GET ON WITH IT. 3.Wear mascara every day, even if you re not going out. Mascara s not a magic wand. HAIR and HEELS - top and toe with style and let the rest take care of itself. 4.Get some new clothes. LESS is MORE with clothes, get a killer dress. EVERY woman should own a Westwood. 5.Exercise - train for...



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