



## Cooking With Hot Flashes: And Other Ways to Make Middle Age Profitable

*Martha Bolton*

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Martha Bolton's observations about life and growing older nail what everyone feels but can't express. "Who Put All This Sand in My Hourglass Figure," "When I Am Old I Shall Be Purple," and "Allow Me to Repeat Myself...Again" are just a few of the topics her fans--both new and old--will be laughing at as they nod in agreement. To complete her memorable recipe, Martha mixes in an ample sampling of poignant, touching stories, reminding readers what life is about and what is truly important.



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