

“If sixty is the new forty, when do I get to be thirty again?”
—NICOLE HOLLANDER, author, comedian, and creator of the beloved nationally
syndicated *Sylvia* comic strip

Nicole Hollander grew up in the 1950s, when women of a certain age put on weight, got a tight perm, and rode the backs of their house slippers into the ground. They didn't *stop* exercising; they had never started. That's not Nicole's kind of old age. A feisty, spiky-haired sixty-something, Nicole does Pilates and swing dancing...though not without breaking a wrist.

Part personal memoir and part humorously wry rebuttal to those jolly “How To Face Aging Bravely” guides that line the self-help aisle of every bookstore across America, **TALES OF GRACEFUL AGING FROM THE PLANET DENIAL** (Broadway Books; September 18, 2007; ISBN: 978-0-7679-2653-9; Hardcover; \$19.95) is a collection of laugh-out-loud essays about growing old with sass and a sense of humor. Nicole applies her wit to such topics as living forever and whether it's appropriate to charge medical procedures in order to earn frequent flier miles. Grouped into eighteen chapters – with titles like “Cats Never Qualify for Medicare” and “Disastrous Apparel Decisions” – each section opens with an original black and white line drawing by the famed cartoonist. With Nicole's guidance, you'll soon be poised to face the most important decisions that come in one's mature years: Feign indignance or accept the senior citizen discount? Resort to plastic surgery or settle for a really good haircut?

Nicole's pearls of wisdom include:

On timing: “Old age doesn't start when it used to. Now we're not officially old until we're 85. And don't worry, technology is advanced enough that a kitchen timer will go off when you in particular become old.”

On hair: “What do you do when you're in a deep depression? You do the thing that will hurt you the most, the thing which done on a whim will haunt you for a long, long time, like getting pregnant or getting a really tight perm.”

On keeping aging to yourself: “Please don't order decaf in front of me. If you must order decaf because if you drink caffeinated coffee after 4:00 you're up all night, please hand the waitress a note to that effect....If you have lost your car in the parking lot, please lie. Tell me it's a family tradition....If you can't read the small print on your pre-nup, sign it anyway. Sign it big. What the hell!”

NICOLE HOLLANDER's nationally syndicated comic strip *Sylvia* appears in twenty-five major newspapers, including the *Chicago Tribune*, the *Boston Globe*, and the *Seattle Times*. She is a popular speaker who recently launched a career as a monologist to further her twin desires to speak in public and get paid for it. In 2006 she had several one-woman performances at theaters in Chicago. She has published sixteen collections of *Sylvia* strips, as well as *Female Problems* and *My Cat's Not Fat, He's Just Big Boned*.

Nicole is your funniest, most mordantly witty girlfriend, and life in the bonus years has never been more entertaining than as seen through her eyes. Offbeat, wisecracking, and side-splittingly funny, **TALES OF GRACEFUL AGING FROM THE PLANET DENIAL** is the must-have manual to midlife and beyond. Visit her website at www.nicolehollander.com.