



# Shine On: How To Grow Awesome Instead of Old

*Claire Cook*

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**Shine On: How To Grow Awesome Instead of Old** Claire Cook

"Claire Cook just gets it." -*Meg Cabot*

**If you're a forty-to-forever woman who's interested in aging well, don't miss this motivating and inspiring book.**

Join *New York Times* bestselling author Claire Cook on an inspirational journey that will help you shake off all those worries about getting older and embrace what can be the most vibrant, creative and empowering chapter of your life.

Claire wrote her first book in her minivan at 45. At 50, she walked the red carpet at the Hollywood premiere of the adaptation of her novel, *Must Love Dogs*, starring Diane Lane and John Cusack. With another milestone birthday on the horizon, she was old enough to know the signs: "It was time to get my act together. Again."

*Shine On: How To Grow Awesome Instead of Old* speaks to midlife women everywhere and is filled with Claire's trademark humor, heart, honesty and encouragement.

"Cook's penchant for hitting the emotional sore spot and combining it with humor hits the mark." -*New York Journal of Books*

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