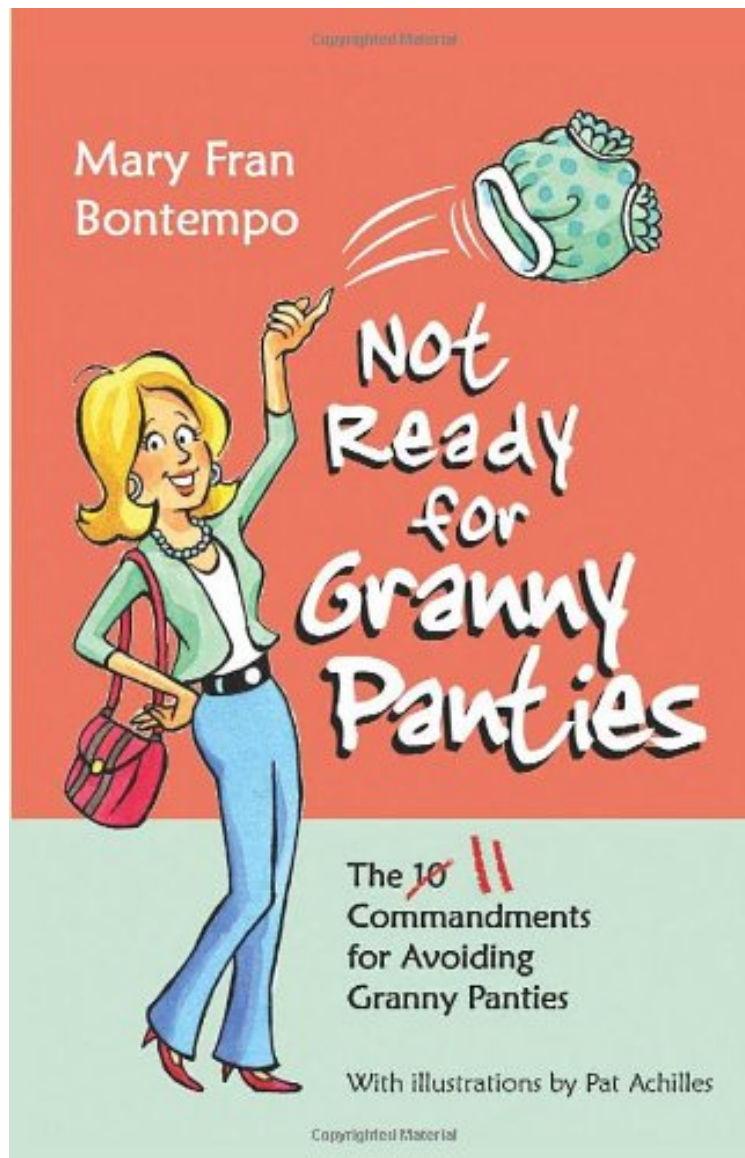


Not Ready for Granny Panties--The 11 Commandments for Avoiding Granny Panties

Mary Fran Bontempo
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It happens to the best of us. On a day like any other, you look in the mirror and find a cranky, worn-out, middle-aged woman staring back at you. A woman who is firmly strapped into a giant pair of GRANNY PANTIES. Yes, aging is inevitable, but looking, and acting, like your grandma is not. So join Mary Fran Bontempo and learn a new set of Commandments that will enable you to avoid the Granny Panties and love life in the middle years. You'll laugh, learn a few things and with any luck, bid a permanent goodbye to GRANNY PANTIES and the old hag in the mirror!