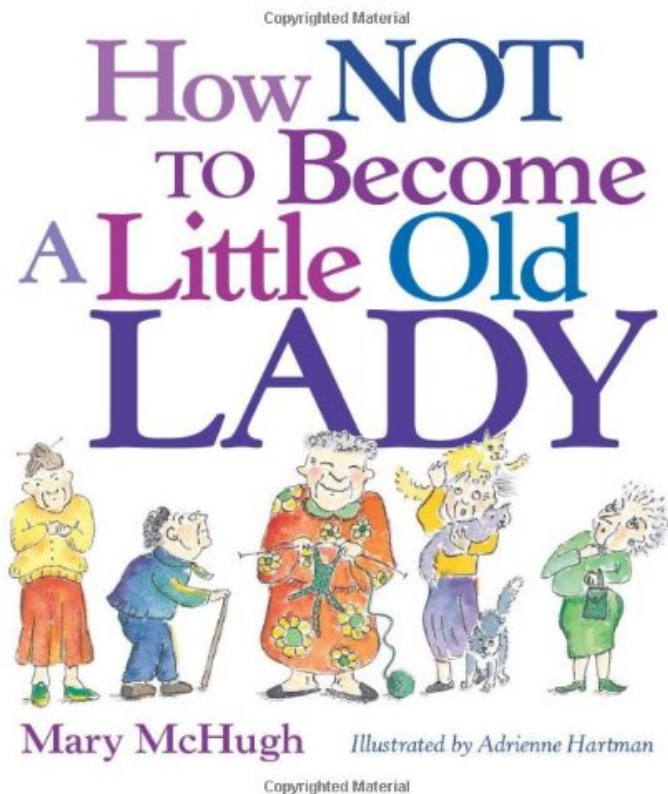


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How Not to Become a Little Old Lady

Mary McHugh

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We can't stop the aging process, but with the help of How Not to Become a Little Old Lady, we can at least not act older than our age. Author Mary McHugh offers up more than 100 pointers of things not to do to stave off little old ladyhood. Illustrated with the humorous line art of Adrienne Hartman, this little book reminds us not to boil our vegetables until they are gray, tell boring stories with no point to them, carry a tissue up our sleeve, or dye our own hair and think nobody can tell.

About the Author Mary McHugh is a writer and regular contributor to SeniorWomen.com. She is the author of 15 books, including *How Not to Become a Little Old Lady*. Mary has written for *Good Housekeeping*, the *New York Times*, and *Family Circle*.