



Hot Granny: Fabulous at 50, 60 and Beyond!

Mel Walsh

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Whether she's a new grandmother, newly single, or just looking for inspiration, *Hot Granny* offers lighthearted yet practical advice for staying fit and fabulous. Author Mel Walsh knows her stuff. She's a syndicated columnist, gerontologist, grandmother of 12, and newlywed. She offers tips on how to stay active, dress well, relate to mates or first dates (in and out of bed), and generally feel great. A section on relationships covers everyone from girlfriends to grandkids, and advice on how to excavate old dreams and pursue new hobbies. *Hot Granny* is the perfect gift book for any woman who's passed the Big Five Oh.

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