



Be an Outrageous Older Woman

Ruth H. Jacobs

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In a society that worships youth and relegates its seniors to second-class citizen status, many elderly women end up ignored, mourning their lost youth. It doesn't have to be that way, says Dr. Ruth Harriet Jacobs, *Remarkable Aging Smart Person* and self-proclaimed troublemaker. Her solution: *Be An Outrageous Older Woman*. A unique guide to living it up in the senior years, this feisty book addresses the many issues faced by older women in a sassy, humorous and yes, even outrageous way. Drawing from her personal experience and from years of meticulous research, Dr. Jacobs covers such areas as:

- Sexuality: an A-to-Z list of different ways to keep the fires of passion burning
- Reinventing yourself
- Having fun on a tight budget
- Fostering relationships and social groups
- Being outrageous with your descendants
- The benefits and bonuses of aging -- the most freedom since puberty
- Much, much more Filled with practical advice and innovative ideas, *Be an Outrageous Older Woman* gives readers the knowledge and inspiration they need to live as first-class citizens and make their golden years shine.

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