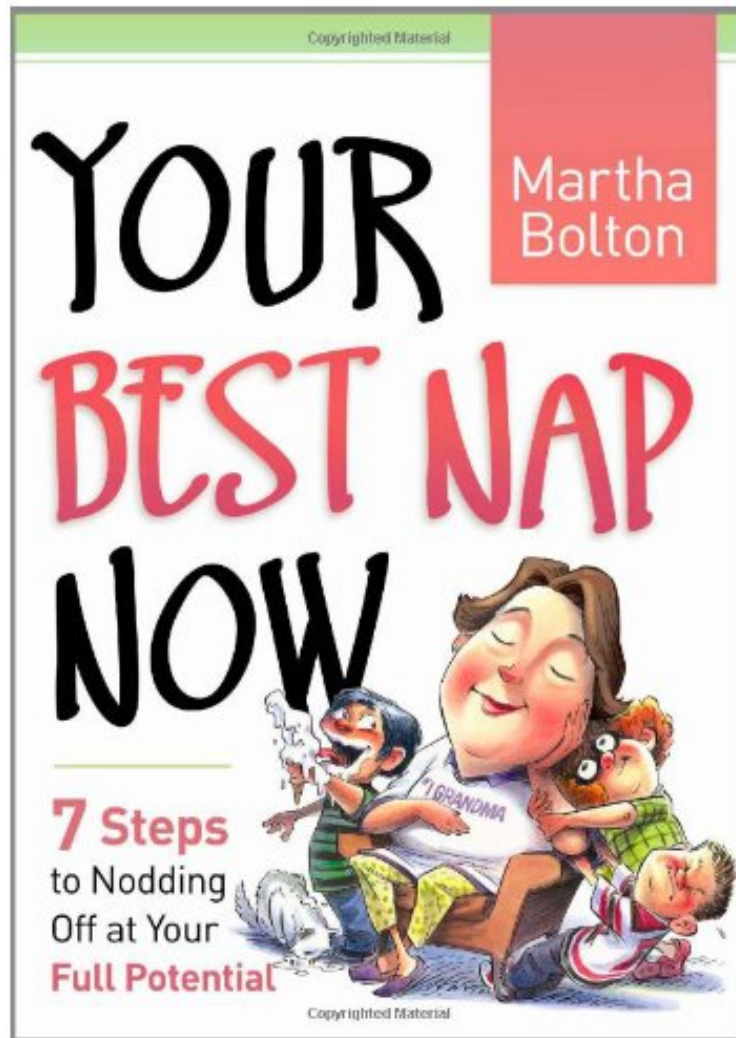


(Download pdf ebook) Your Best Nap Now: 7 Steps to Nodding Off at Your Full Potential

Your Best Nap Now: 7 Steps to Nodding Off at Your Full Potential

Martha Bolton

ePub | *DOC | audiobook | ebooks | Download PDF



DOWNLOAD



READ ONLINE

#4032070 in Books 2009-04-01Original language:EnglishPDF # 1 .49 x 6.48 x 8.50l, .60 #File Name: 0764203096192 pages | File size: 60.Mb

Martha Bolton : Your Best Nap Now: 7 Steps to Nodding Off at Your Full Potential before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Best Nap Now: 7 Steps to Nodding Off at Your Full Potential:

0 of 0 people found the following review helpful. Funny and True.By Sherry P.This is a bunch of essays (articles?) that are sort of poking fun at the world. It is really good.A lot of the articles are about getting older and how to cope with that. Mostly by making fun of it.There are a few sort of serious posts but most are meant to be funny.Really good read.I downloaded this when it was free on .5 of 6 people found the following review helpful. Didn't Strike Me as that FunnyBy Bob AllenMs. Bolton may have been a writer for Bob Hope and other comendians, but her writing, as a whole, doesn't come off as that humourous. It was a decent book looking at the issues of aging but most just weren't

that funny. To me, the book demonstrated that really good humour is more than just the words -- it needs good timing, good stories, unexpected twists, inflection, body language. Some writers manage to pull off the timing, stories, twists, and even inflection (mostly in creating vivid word pictures) in their writing. Ms. Bolton just didn't do that for me. A really funny humour writer is Patrick McManus — outrageously ****FUNNY**** writer. 1 of 1 people found the following review helpful. Laughter and thoughtful both
By Debra M. Burroughs
This book was a combination of laugh-out-loud funny and insightful. It is a group of essays focused on the joys of aging. I really enjoyed reading it!

No one looks at growing older quite like Martha Bolton. Whether she's contemplating why some people turn cantankerous as they age, suggesting songs and books for the middle years, or looking at the benefits of shrinking, she keeps readers laughing out loud. And when readers are laughing the loudest, she'll touch them with a moving or poignant observation to remind them about the value of life. This new book from the full-time comedy writer follows in the wake of *It's Always Darkest Before the Fridge Door Opens* and the bestselling *Didn't My Skin Used to Fit?*

From the Back Cover
Napping--Who Said It's Just for Kids?
A good middle-of-your-favorite-TV-show nap might be just what the doctor ordered. After all, you'll need renewed energy to get through the haze and craze of middle-aged life. It can be humbling when you realize that instead of hitting all the hot spots, you're counting all the age spots. But keep your chin up! (That will hide the extra neck skin.) Life will always have its ups and downs--but it's usually accompanied by plenty of comic relief.
Martha Bolton, an eternal optimist, always finds the humor in life. She can entertain herself in the hospital waiting room (by catching up on four-year-old magazine articles), she can think of several advantages to global warming (higher water temperatures will pre-cook fish), and she loves playing board games (a round of *Strained Back-Gammon*, anyone?). Keeping a positive attitude will make life more enjoyable--we just need to remember to enjoy it. With our instant oatmeal, minute rice, one-hour photo, and thirty-day weight-loss programs, we sometimes forget to slow down, take a deep breath, and appreciate all that life brings us.
About the Author
Martha Bolton is a full-time comedy writer and the author of more than fifty books, including *Didn't My Skin Used to Fit?* She was a staff writer for Bob Hope for fifteen years and has written for Phyllis Diller, Wayne Newton's USO show, Ann Jillian, Jeff Allen, and many other entertainers. Her writing has appeared in *Reader's Digest*, *Chicken Soup for the Soul*, and *Brio* magazine. She has received four Angel Awards and an Emmy nomination. She and her husband live near Nashville, Tennessee.