

Download Between A Rock And A Hot Place Why Fifty Is Not The New Thirty

In *Between a Rock and a Hot Place*, Jackson explains why fifty is not the new thirty. In fact, fifty is the new fifty. It's not our grandmother's fifty and it's not our mother's fifty, but it's our new fifty. *Between a Rock and a Hot Place* is more than a good read, it's good company." (John Berendt) "Between a Rock and a Hot Place is sexy, witty, energizing, smart, and full of terrific advice.... Run, do not walk, to get the book, and then call your nutritionist, your GYN, your health club, your nearest Whole Foods, your mothers and daughters, and tell them all about it." (Judy Collins) *Between a Rock And a Hot Place, Why Fifty is not the New Thirty*, is a memoir by comedy writer Tracey Jackson, a fifty-some year old Manhattan resident who was raised having most everything money could buy. Jackson, a screenwriter (*Confessions of a Shopaholic*) and documentary filmmaker, wrote *Between a Rock and a Hot Place: Why Fifty Is Not the New Thirty* to set boomer women straight. Specifically, she wants them to stop denying the march of time and start preparing for the future.