



I Feel Great About My Hands: And Other Unexpected Joys of Aging

Shari Graydon

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Nora Ephron struck a chord with *I Feel Bad about My Neck*. Women's advocate and acclaimed writer **Shari Graydon** set out to counter the supposed downhill slide—inspired grief by inviting notable women from across Canada — all over 50 — to provide an alternative perspective.

I Feel Great about My Hands is a collection of stories, essays and poems embracing the changes, discoveries and wisdom that come with age. This colourful anthology includes:

Gemini award—honoured funnywoman Mary Walsh on playing a “big, loud, opinionated old bag”
Celebrated poet Lorna Crozier’s hilariously graphic “My Last Erotic Poem”
Val Napoleon, an adopted Gitksan member of Cree heritage applying Aboriginal trickster tales to modern attitudes about aging
Shari Graydon herself focusing her “face-half-unwrinkled” attention on the hands that have helped her nurture life and express creativity and joy
Royalties from the book will benefit *Media Action*, an organization dedicated to challenging the under-representation and sexualization of women in the media.



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From reader reviews:

Kathryn Richardson:

Spent a free time and energy to be fun activity to complete! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, planning to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the publication untitled I Feel Great About My Hands: And Other Unexpected Joys of Aging can be good book to read. May be it may be best activity to you.

Lawrence Weatherby:

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Kenny Hardy:

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Shirley Nichols:

That book can make you to feel relax. This book I Feel Great About My Hands: And Other Unexpected Joys of Aging was vibrant and of course has pictures on there. As we know that book I Feel Great About My Hands: And Other Unexpected Joys of Aging has many kinds or type. Start from kids until young adults. For example Naruto or Private investigator Conan you can read and believe that you are the character on there. Therefore not at all of book are generally make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading that will.

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