



# O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre

*A. E. Hotchner*

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**"Acclaimed author and feisty nonagenarian Hotchner's witty ruminations about the art of living well into old age...with brio and a touch of his trademark sass, Hotchner writes about rediscovering love after 75, finding joy in a scrappy African gray parrot he named after his longtime friend, Ernest Hemingway, and going on his very first safari at age 88." - Kirkus Reviews**

*When youngsters in their seventies and eighties, nervously lurching toward the horizon of ninety, ask me, "What's the secret?" That's what I tell them: "O.J. in the morning, gin and tonic at night."*

You don't have to be in your seventies or eighties to enjoy A. E. Hotchner's elixir for aging happily, but after reading this charming collection of essays, you may wish you were. Nonagenarian, novelist, playwright, and biographer, Hotchner gives us heartfelt and laugh-out-loud anecdotes that describe his unique reflections on the aging process. His musings cover everything from the outlandish commercials that target the older generation (Viagra, Cialis, and Flomax) to suggestions on adapting the tennis game for seniors (he suggests lowering the net by two inches and moving all outer lines two feet inward) to the advantages of having a pet (his pet parrot often tells guests to "kiss my ass").

He can equally capture the headier side of aging, which is bittersweetly revealed in his piece about divorce. With his disarming, eloquent voice and dry sense of humor, Hotch illuminates life's wisdoms through his optimistic, witty, and romantic outlook, all the while making you feel, well, not unhappy about growing older.

*O.J. in the Morning, G&T at Night* is a book of courageous advice, humorous wisdom, and, above all, good strategies for how to stay young at heart.



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Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite e-book and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre. Try to the actual book O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre as your friend. It means that it can being your friend when you feel alone and beside regarding course make you smarter than previously. Yeah, it is very fortuned for yourself. The book makes you far more confidence because you can know anything by the book. So , let me make new experience along with knowledge with this book.

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#### **Terry Myers:**

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#### **Greg Butler:**

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