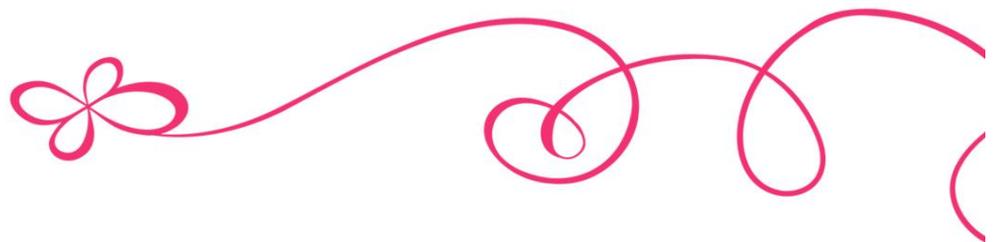


The Stressed
Woman's Guide
to ...



Debora M. Coty



Aging

**The Stressed Woman's Ultimate Guide to
Aging**

OR

Near-Facts of Science that Rock Your Universe

Debora M Coty

Popular Speaker, Humorist and Award-winning author of numerous inspirational women's books, including the best-selling

Too Blessed to be Stressed

series

FAAT: Fabulous Anti-Aging Theory

FAAT postulates that chocolate actually retards the aging process.

I mean, really, what better way to get rid of wrinkles than to fill them out? It's the same principle as blowing air into a balloon – all the creases disappear and the surface appears smooth as a baby's bottom. I believe skin works the same way ... the fluffier it is, the younger it appears.

Plus, the oils in chocolate act as a moisturizer. Like the baby's bottom just got lubed with Butt Paste.

The Clark Gable Phenomenon

That dapper little hairy appendage that appears on your upper lip during menopause.

It's not all bad. You no longer have to worry about those pesky spider web lines around your lips ... the mustache covers them right up.

Increasing Gravity Rule

The IGR theory postulates that earth's gravity is intensifying every single year, causing the magnetic core of the earth to suck everything loose toward it.

Sort of like one of those vacuum tubes at the dentist's office that pops your eyeballs out of their sockets and would suck down your tongue if it wasn't attached back there by your hangy-ball.

I believe evidence for the IGR is indisputable. If you're over fifty, it's hanging right there on the back of your arms and dangling off your chins.

Harry Potter Sign

One of the physical changes that occurs as we cross that invisible half-century line: Varicose veins pop and sizzle like tiny zags of electricity. Much more hip to call them the Harry Potter sign, don't you think?

Why, Harry Potter has nothing on me; he may have a lightning bolt on his forehead but I have fifty on my left leg alone.

Michelin Man Model

The annoying spare tire that gals over fifty sprout when they stop growing from both ends and start growing in the middle.

Also known as a jelly belly and waist basket.

Kulucachoo Syndrome

When a flabbergasted mature woman inexplicably gets tongue-tied around a cute teenage boy.

It's like she's suddenly sucked into a time tunnel and becomes the shy, awkward 15-year-old she once was. Go figure.

TNT: Turkey Neck Theory

The reason we older women have hunched backs is from protruding our necks forward to reduce chin count and minimize wattles.

PAH: Physiological Aging Hypothesis

As a woman's age creeps northward, her body parts travel south and her hips expand to incredible new horizons east to west.

Yes, indeed – sweetly ripened women are all over the map!

Books featuring the offbeat blend of humor and hope of **Debora M. Coty**:

Too Blessed to be Stressed

More Beauty, Less Beast

Fear, Faith, and a Fistful of Chocolate

Too Loved to be Lost

Mom NEEDS Chocolate

Too Blessed to be Stressed Cookbook

Too Blessed to be Stressed: 3-Minute Devotions for Women

Too Blessed to be Stressed Journal

Too Blessed to be Stressed Coloring Book for Women

Too Blessed to be Stressed 5-Year Keepsake Journal

*Too Blessed to be Stressed: Inspiration for Every Day
(365-day Devotional)*

Debora would love to connect with you through Twitter, Facebook, Instagram, Pinterest, and her website, www.DeboraCoty.com. While you're there, be sure to subscribe to her Too Blessed to be Stressed blog and free e-newsletter!

To book Debora to share her unique brand of biblical truth gift-wrapped in humor with your ladies group, visit Deb's speaker's page at www.DeboraCoty.com