



Did I Sign Up For This?

Mari F. Herman

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If the previous generation of women had said, “Hey, life is crazy! Hold on to your ass!” maybe author Mari F. Herman would have paid attention. Maybe not. Either way, a heads-up would’ve been nice.

Did I Sign Up for This? is that heads-up—a guide to all of life’s inevitable ups and downs—geared specifically toward younger women.

Sharing her experiences, along with some informative “nurse talk” and a healthy dose of humor, Herman offers insights and advice about what happens to women as they age, covering everything from shaving and sex to marriage and menopause.

For example, what makes a successful marriage? What happens to your body during pregnancy? What does it mean to age gracefully, and why are some more successful at it than others?

If you’re a young woman with questions like these, or you’re simply curious about what’s in store, this engaging book is for you!

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