



# Flirting with the Barman: The Big Girl's Guide to Growing Old Disgracefully

*Kate Mulvey*

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Are you seriously thinking of getting a tattoo? Are you suddenly jealous of what your daughter is wearing? Do you flirt inappropriately with the barman/photocopying boy/lift attendant? If you answered 'yes' to any of the above, then you are more than likely to be in the grip of a Female Midlife Crisis. What does a female midlife crisis look like anyway? This is the moment you realise that you are past your prime - the moment you can't identify with the cast of Sex and the City anymore and the horrifying realisation that men either ignore you or mistake you for a coat stand. Forget the pot-bellied man with a set of moobs and blonde jailbait hanging off his arm, women are doing it for themselves. Whether it's clothes, sex or a face full of Restylane, we are responding to the onset of age with increasingly daring tactics. Why not? Smart, attractive post-40 women who are nowhere near their 'amuse-by-date' are not ready to slip gracefully into the midlife hinterland as their mothers did, playing the odd hand of Bridge and wearing beige for ever more. The female midlife crisis used to be a hidden beast. Now, it has come roaring out of the closet. Packed full of advice on how to identify the flashing neon signs of a post-40 panic - OMG I fancy my son's son's friends - with top tips on how to look sexy without going the mutton route. Advice on how to reclaim your inner passionista, how to find out what really makes you tick and how to live life on your terms, Flirting with the Barman is the essential guide for any woman who wakes up one morning and thinks 'sod this, I am going to beat this midlife label'.

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