



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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From reader reviews:

Susan Hare:

Reading can called thoughts hangout, why? Because while you are reading a book specially book entitled O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre your mind will drift away trough every dimension, wandering in each aspect that maybe not known for but surely can be your mind friends. Imaging each and every word written in a e-book then become one form conclusion and explanation which maybe you never get prior to. The O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre giving you a different experience more than blown away your thoughts but also giving you useful info for your better life on this era. So now let us explain to you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

Donna Eldridge:

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Nicolas Dandrea:

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Tom Harris:

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Aging with Joie de Vivre can to be your friend when you're truly feel alone and confuse with the information must you're doing of their time.

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