

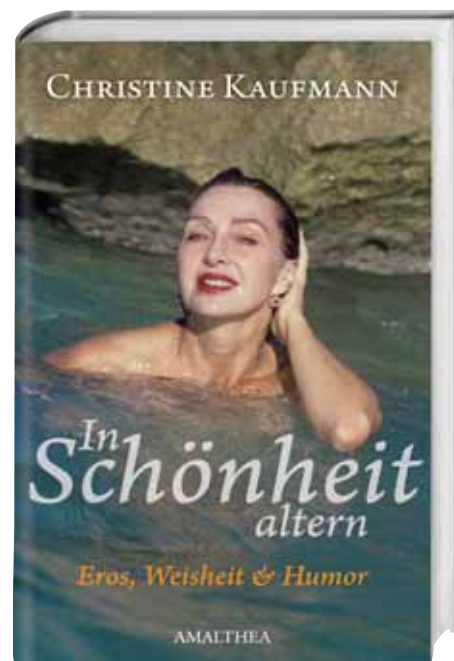
Just the thought of mentioning Eros and old age in one breath causes considerable disconcertment in our society. Erotic and sensual feelings are denied to women over the age of fifty or sixty and the subject tends to be largely avoided. Christine Kaufmann sweeps away this taboo with a flourish. With great frankness, she describes the importance of sexuality as we get older, and offers guidance on living your femininity to the full. The book includes a comprehensive advice section: with a wealth of practical suggestions, Christine Kaufmann shows us how to achieve a sense of emotional and physical wellbeing without resorting to the latest fitness crazes, fad diets and radical surgical interventions. In her view, humour is the key to beautiful ageing.

- international star of stage and screen
- the author of books on subjects such as love, beauty and sensuality
- offers wellbeing seminars
- has her own cosmetics and wellbeing products line



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Christine Kaufmann was born in 1945 in Gröbming, Austria, the daughter of a Frenchwoman and a German. Even as a child she achieved success as a dancer and actress, and her youthful talent was recognised with a Golden Globe Award for Best Young Actress before she was 20 years old. She was married to legendary American actor Tony Curtis for five years, and they have two daughters together. She has played many roles in movies and later on also for theatre and television. Over the last twenty years, she has written more than ten books on wellbeing, beauty and health.



An innovative guidebook that doesn't hold back from breaking taboos
Christine Kaufmann

AGEING BEAUTIFULLY

with Eros, wit & humour

illustrated by Klaus Joachim Zey

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