

## Chapter 1 : Ultimate 40th Birthday Party Ideas Guide: Must Read | Birthday Inspire

*Fortieth Birthday Body [Valerie Wolzien] on blog.quintoapp.com \*FREE\* shipping on qualifying offers. Down-to-earth housewife Susan Henshaw is turning forty -- and feeling ancient. Adding insult to injury is the return of gorgeous local hussy Dawn Elliott.*

Pinterest1 After 30, now come Congratulate your friend on making it this far! Not everyone in this world gets that kind of privilege. Normally, they are filled with sadness when they reach this stage, but they should be happy since a long life is a blessing indeed. Have a great chapter ahead. With so many wonderful accomplishments under your belt, I am sure that you hold no regrets up to this point of your life. Celebrate this beautiful milestone. By this time in your life, you have touched so many lives and led a good example to those around you. Stay bright and inspiring. Turning 40 is a celebration of life, a milestone of achievements, wisdom and adventures. Look how far you have come. You were the coolest 30 year-old I know and now you will be the coolest 40 year-old ever. Time does not wait for no man. You still have a long journey ahead and the bright opportunity to fill-up the pages of your life with loads of fun adventures. Can you believe it? You have made it through 40 years of hardships, heartbreaks and challenges. Only a strong person could have made it this far with smile in her face. Are you really 40? You look only 30 to me! You have grown gracefully and timeless. You are now 20 more years until that sweet pension; 20 more years away from your unlimited vacation and freedom from work. At 40, kids have proper respect for you. Make sure to set a good example and behave maturely. What an exceptional 40 year-old! You have more zest than the sluggish 20 year-olds and more passion than the 30 year-old eaten by routine. Stay youthful and energetic. Who says it is too late to do things that you love? You can still do whatever you want as long as you have the energy to do it. Are you going to wait until you are walking with a stick? You may not be turning any younger my friend but your soul will remain forever youthful. Mid-life crisis officially begins in this chapter. With so many challenges that you have stumbled upon your way, you learned how to gracefully handle every struggle. You are a collection of experiences, a jarful of wonder and strength. You are an album of memories, whether they are black and white or of an assortment of colours. You are a pillar, a support that people can rely on. You are a beautiful canvas of life. You hid your pain from me to keep me from worrying about you. You loved me unconditionally and taught me things that brought me to where I am today. No matter what age you are at, you forever remain beautiful in my eyes. By this time, you start feeling more leg and back pain. You may even have a couple or more white hairs in your head. But the soul does not grow old, so does the heart. Keep that in mind and stay happy! This milestone should not be left uncelebrated. We have passed four decades, my love, are you ready for more? I hope to be holding your hand as we stand together in another milestone 10 years from now. When you were 20, you could care less about eating that pint of ice cream all by yourself. Now that you are 40, your kids are the ones finishing the pint for you in a minute or less before you can even finish a tiny scoop! The Happy 40th birthday messages You are now officially halfway to your 80s, but that does not mean you will stop having fun. The heart only grows old when you let it. Wishing you a road filled with wonderful and exhilarating moments ahead. Make sure to take a pause if your back or leg starts hurting. You are never too old to start a new hobby, but maybe a bit too old to hang around in the clubs. At 40, you begin to understand why your parents are so grumpy all the time. It never gets boring, trust me. That is the reason why they say that life starts at 20, you love those fast and upbeat songs. You even dance to it all night long. Now, at 40, you can only bob your head to these tunes, your energy now divided by half. At least you still get to clearly hear it! You have paid off a couple of loans you have. You have travelled and seen more in your life. You had a couple of promotions and met so many great people in your life. There is no reason to lament this milestone. In fact, every year that you turn a page should be seen as a blessing. After all, life is a gift from God. Happy 50th Birthday Wishes 40 years has passed and yet, you are still as handsome from the day we first met. If our love should change, may it grow stronger and overflowing. With you, I know I can accomplish anything. I love you my husband! Mom, you are the best friend, shelter and the number 1 cheer leader, a college girl could ever ask for. I know I will always need you mom and knowing you are always there gives me comfort. I

will do my best to make you proud. My friends always mistake you as my older sister. Best forty birthday, mom. Life is a gift worth appreciating for. Wishing you more success and brimming health in this wonderful milestone of your life, Happy Birthday! Our music is now what kids call the classics and the fashion of our youth is getting laughed upon. But hey, those are the greatest moments in our history. Raise your glass to this milestone so great. Another set of adventure awaits you. The great thing about turning 40 is that we have hundreds of greetings received on this special day. We know which friends stayed and who will remain for a lifetime. We have a lot of knowledge and experience that people rely on and turn to. Welcome to this great chapter! You are born in a decade where many things, in terms of technology, have flourished; such great a fortune to have witnessed those exciting developments and live to tell the tale. Starting today, you have to cut-off on the sweets and the fatty steaks, However, just for today, you can have one last bite. It feels like yesterday when you got married and had your first child, lived on your own house with your own family, went on your first out-of-town trip together and took your child to his first day of school. Get ready for more rich moments like this. It will be more awesome, I guarantee you. Wishing you a pocketful of sunshine to keep the darkness at bay, a bagful of health to keep you going, and overflowing love to share with the people you have in your life and to those who you have yet to meet. You may not be as young now when you were 20, but you are now definitely wiser than you were before. Turning 40 makes you an expert in many things – Expert in household chores or work, a sage of wise advices and wisdom, and a veteran in the field of cool and awesome. Forget about the word young. Focus on the word wise, strong and beautiful because you can only be truly so if you managed to pass so many challenges in your journey. Congratulations on four decades of strength and perseverance. Happy 40th birthday As you grow older, your phonebook and Facebook friend list only grows longer. Good luck on scrolling over it all the way to the end.

Chapter 2 : [blog.quintoapp.com](http://blog.quintoapp.com): Customer reviews: The Fortieth Birthday Body: A Suburban Mystery

*Susan Henshaw's fortieth birthday rapidly approaches and Jed plans a "surprise" party for her with a new car as a gift. Unfortunately the local tramp is found dead in the front seat. Everyone who had an affair with her in the town of Hancock is a suspect including Jed.*

Get together simply to Be together. Eat, drink, be merry. Dance if you feel like it. Lie about on cushions. Teach each other how to garden, how to build fires. Whatever work needs to be done will be done without your trying to make it happen. Start spending time with people you love, respect, and admire. This is the most important gift you can give yourself: Spend time with women who uplift you and help you be your best self. Know that you can choose your own adventure in real life. They involve experiences, not just parties and gifts

â€” though I included gifts because part of turning 40 is knowing when and how to treat yourself well. If you want to celebrate your fortieth birthday by giving yourself a birthday Kindle, I am all for it. Of all the ways to celebrate such a huge milestone, something beautiful and artistic is the only thing that will do! Declutter and surround yourself with simple beauty Look around your home and work environment. How do you feel about what you see? Are you surrounded with color, beauty, simplicity, and things that make you feel good? Think of this 40th birthday celebration idea as spring cleaning for your life. Neither of us are keen on adoption. Surrender to your life as it is. Change what you can. Learn how to love yourself. This is the best 40th birthday gift you could ever give yourself. A Guide to Spiritual Enlightenment. Are you unhappy or scared to turn forty? Where are you on a scale of 1 to 10, with 10 being extremely spiritually and emotionally healthy? Learn more about yourself, your life, and your relationship with God. Learn who Jesus is, and why He died on a cross. Let the Holy Spirit change you in healthy ways. Heal from old wounds. What happened yesterday â€” and 10 years ago, 20 years ago â€” is done. Instead of flagellating myself for my mistakes, I will focus on freedom and forgiveness. This is one of the best 40th birthday celebrations and gifts you could give yourself: Is your neck sore, your body tired, your muscles flabby? Now is the time to make changes in your physical health. And I do yoga three times a week, at home, with various yoga DVDs. Every part of my exercise routine is vital to my mood and physical health. The gift of health and fitness is so important. Find healthy, fun ways to move your body. IF you wanna go get all responsible for your 40th birthdayâ€¦. Get out of town â€” my favorite way to celebrate any birthday! We celebrated my 46th birthday with a weekend getaway. I always try to leave home on my birthday because I love exploring and traveling. Forty is a milestone birthday, and it must be honored. The set pictured includes a toiletries kit, a shoes bag to protect clothes from dirty shoes, and an electronics organizer bag so you can keep all your electronic devices chargers, cords, and even batteries in one bag. Better late than never! I used to think putting money away for retirement was a meaningless chore, but now I see it as taking care of my future self. Same with decluttering and spending my time the way I want. So, for me the thing to do throughout my forties birthday or not is to take good care of my future, my environment, the people I love, and my emotional and physical health. Those are my little birthday gifts and tips to myself. If you want to celebrate your fortieth birthday in an even more exciting way, start thinking about what to do with your life. Maybe you want to start over? I played the flute in high school, and have always wanted to re-learn it. I loved the rehearsals, concerts, and feeling of being part of an orchestra! So I bought myself a flute a few weeks ago, and am working my way through a self-instruction beginners flute book. It feels so good to play, to learn and practice, to hear my musical skills improving. For me, joining a band is one of the most meaningful things to do when I turned Celebrate your 40th birthday by pursuing those old dreams and goals. March to your own drum for your 40th birthday A few years ago I worked at a social service organization, and I was the oldest counselor there. Some of our work activities and events highlighted how my age. The thought of bowling in a Mexican or Fiesta costume with in a loud bowling alley with lots of young people makes me want to crawl under my bed with my dog. So, my gift to myself was not to go. This is my ongoing 40th birthday celebration gift to myself! For example, some areas of some Hollywood streets are smellier than others. Even if people were nearby. And because fighting stuff takes energy. Curious Instead of assuming I know everything, I ask myself questions. Are you sure your way is

better? Curiosity may have killed the cat, but satisfaction brought her back. Accepting Be gentle with yourself and the person, place or thing. Adopt an open mind and heart. Instead of fighting reality yes, some streets and people and situations are super stinky , just allow the thing to be. It has as much right to exist as you do. Who are you to say something should not be what it is? There is a reason your life is unfolding this way. There is a reason you chose to take that action, say those words, or go down that street. Worse â€” your unmet, unfulfilled expectations are tripping you up and bringing you down. Your expectations are wasting your time and energy. Memorize and recite CAT to yourself â€” and I guarantee you will be surprised at how quickly your judgements and criticisms fade away! Peace and joy will be yours, you precious little kitty cat. Bonus 40th birthday celebration idea: Live for today Are you ready to live for today? I love being forty. The best way to celebrate any birthday in your 40s is to be kind to yourself, surround yourself with beauty and creativity, and stay connected to your heart and soul. What about you â€” how will you celebrate turning forty? I hope this post has given you a few 40th birthday celebration ideas. Do you need encouragement? Subscribe to my free "She Blossoms" newsletter! My Blossom Tips are fresh and practical - they stem from my own experiences with a schizophrenic mother, foster homes, a devastating family estrangement, and infertility. May your 40th birthday bring joyful memories, countless blessings, and peaceful thoughts. And may you reach upwards to God, and hear His still small voice telling you who He created you to be. May you accept the love and salvation of Jesus, and may your life be filled with the joy and peace that surpasses all understanding.

### Chapter 3 : Birthday Wishes for Bodybuilders: Messages for Gym and Fitness Freaks – blog.quintoapp.c

*To ask other readers questions about The Fortieth Birthday Body, please sign up. Be the first to ask a question about The Fortieth Birthday Body Not my kind of mystery. The point of view was all over the place, there were too many couples to keep track of, most of the clues weren't revealed till.*

Wishes 40 Years Old 40th birthday wishes mark a major milestone – turning the dreaded age of 40 – making it official that the birthday boy or girl is now middle-aged. When someone you know turns 40, striking the right balance between celebrating this major milestone and avoiding the whole "middle age" thing is difficult, especially if the birthday girl or boy are going to be reluctant fortysomethings. The right 40th birthday greeting offers you a "happy medium" that you the message giver can be proud to give and your loved one the recipient will be happy to receive. How to choose 40th birthday wishes Turning 40 is a major milestone. For this reason, figuring out what message to write can be difficult. Should you be sentimental? This depends on three factors. This is a little harder than it sounds. If you want to make light of becoming middle aged, the funny route is the way to go. If you want to be serious about turning 40, you can opt for a sentimental or inspirational greeting. If you have no thoughts about this milestone, pick a generic "Happy Birthday" message. This decision takes a little bit of introspection, so take the time to think about your feelings. The second factor, while easy to navigate, is probably just as important as what you want to say: Accordingly, go the funny route with people who can laugh at themselves. Be serious with anyone who is easily offended by jokes or is in serious need of inspiration. The third factor – the background of the birthday boy or girl – is often overlooked. Here, you have to consider his or her religious beliefs, lifestyle, income bracket, education and other personal matters, which could influence how he or she takes your 40th birthday wishes. Wishing you not only a deliriously happy 40th birthday but also a lifetime of immense joy, inner peace and true success! Hoping your 40s will feel incredibly new and exciting like your 20s – only doubly so! Sure, your 30s are over. Good riddance, I say. The 40s are going to be so much better So enjoy your 40th! You and wine have plenty in common. Like wine, you get more and more delicious every year – certainly more priceless.

### Chapter 4 : Grombrindal's 40th Birthday - grombrindal body only | eBay

*Second book in the Susan Henshaw series. Susan is days away from her 40th birthday when she find out that Dawn Elliot, the neighborhood tramp, is moving back to town and all of Susan's insecurities resurface when she once again must be reminded of her husband affair with the woman.*

The 40th birthday sayngs on this page are all quite short, so they should fit into a birthday card. I hope you enjoy them! Wishing you a truly fabulous day. Many happy returns on your 40th birthday. Warmest wishes for a very happy 40th birthday. Congratulations on the 24th anniversary of your 16th birthday! Wishing you a very happy birthday! Life begins at forty. Wishing you a special day and a very Happy Birthday. Hope you have a great birthday. Wishing you a very happy 40th birthday. And remember, in Scrabble, forty is only Life is a book and your forties are the chapters when it all starts making sense. Wishing you an amazing 40th birthday! It took you 40 years to look this good! Middle age is when you start turning off lights for economical rather than romantic reasons. And we also have a collection of 40th Birthday Quotes which are perfect for including in a card message or birthday speech. Easy to edit and print out at home, your gift will be the talk of the party! Everyone thought this was really cool and asked me how I made it! You can personalize the poster with their name, choose your color palette, and add anything else you want about them.

### Chapter 5 : 40th Birthday Wishes: Birthday Messages for 40 Year Olds

*Fortieth Birthday Body: A Suburban Mystery* by Valerie Wolzien Down-to-earth housewife Susan Henshaw is turning forty and feeling ancient. Adding insult to injury is the return of gorgeous local hussy Dawn Elliott, rumored to have slept with half the married men of quiet Hancock, Connecticut.

This fear is based on the simple idea: God, how cute is this! Our men deserve the best fortieth birthday cards with wishes. You can even add some naughty sayings and assure your husband that he is still handsome and hot. I owe you big time, so the cake is on me. What could be bad about that? Happy 40th you, babe. Think about all the things you can do at 40 that you never had a chance to do before. You still have a long journey ahead and the bright opportunity to fill-up the pages of your life with loads of fun adventures. You have been aged to perfection. You have made it through 40 years of hardships, heartbreaks, and challenges. Only a strong person could have made it this far with a smile on her face. Say some funny 40th birthday toasts! Alcohol plus good humor is the best mixture one could create. You do not need to read huge poems and keep long speeches; be brief and witty! If you have nothing to say but still want to change the goddamn mood of the guests on the celebration you chose the right website. Take these amazing quotes and find a glass of wine, finally! The older you get, the younger you look for your age. Have a happy 40th! May the fun you have on your 40th, exceed the back aches you will get, later! They see that the majority of celebrities above forty look stunning and decide to follow them. It is a cool tendency, to live at 40 just like you are 20! Well, with the little adjustments due to the physical health. Let the process of turning forty become the new era of your life! We greet you with all these excellent wishes! Let the good times roll. Wishing you an amazing 40th birthday! I mean, happy birthday.

### Chapter 6 : 40th Birthday Wishes: Quotes and Messages – blog.quintoapp.com

*The fortieth birthday body: a suburban mystery. [Valerie Wolzien] -- Down-to-earth housewife Susan Henshaw is turning forty--and feeling ancient. Adding insult to injury is the return of gorgeous local hussy Dawn Elliott, rumored to have slept with half the married.*

Quotes and Messages 40th Birthday Wishes: This post is bursting with inspirational messages and funny quotes about life and the hoopla around turning forty years old. Whether it is for your dad, mom, husband, wife, sister, brother, friends or colleagues – make sure your greetings drive home the awesomeness that middle age has to offer. Put some thought into what you want to say and write it out on a cute card. Humor and motivation are two of the best ways to help people move on. Your words might turn out to be, just what it takes to push the newest member of the Forty Club to live life to the fullest. Make the most of it. Wow, you were born in such a cool decade. Free yourself in the hope of what lies ahead. Who are you going to be? Forty is a beautiful age which you can use as a pedestal, to live life to the fullest and make it magical. So stop worrying about your twenties and thirties – and just focus on how you are going to rock your forties. It that obscure feeling of belonging nowhere – sometimes you are here, sometimes you are there. But this disorientation is meant to be enjoyed thoroughly – it will finally lead up to your beautiful destiny. Maybe this is the only way you can console yourself about turning forty. Just look out into the horizon and see the awesomeness that lie ahead. Every second is as perfect and as priceless as you want it to be. Then maybe this is the right time to start searching for the Fountain of Youth! Life is too precious to let regret and hate remain. But as your friend it is my responsibility to tell you the honest truth – you are not turning any younger. Happy 40th, you oldie. If you keep postponing, you might be too old to do most of them. Good luck and happy birthday. This is the secret to feeling young even when you are forty years old. Say goodbye to your past and for the future, pave the way. Full of happy anecdotes, let a new story unfold. Smiles, laugh, share, cry – be carefree and bold. The average life expectancy is about 80 years so you have lived half of your life already. Sorry for being the party pooper, but facts are facts! For all you know, your midlife crisis may also have a brilliant opportunity for you in store. The only limitations are those that life inside your mind. Go forth, happy birthday. Forty is the time to enjoy the fruits of this journey by being wild and carefree. Congratulations on turning four. Like us on Facebook.

**Chapter 7 : Funny 40th Birthday Sayings**

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

Stupendous 40th birthday gift ideas for men 40th birthday party ideas for men and women I Love sharing ideas for parties, because they are so much fun to share. So today I will be sharing some of the very interesting 40th birthday party ideas. I am really not sure if you are finding 40th birthday celebration ideas for your relative, friend or yourself, but what I am sure about is that I will be sharing some the great party ideas that can suit any man or woman. A man or woman at forty is more mature, responsible and sensible, but does it make sense to consider their birthday party celebration as sensible as the age. If you are thinking or expecting that I am going to give you some mature ideas for her 40th Birthday, then probably this is not a place for you because here I am going to give you ideas to make the party awesome, fun, interesting and wired too. I am going to make it really fun and let you enjoy exploring these ideas. I am very excited to give you this list of some amazing 40th birthday ideas. I hope you will enjoy reading the list. Comedy night Plan out a comedy night for the occasion. You can book some of the comedians to plan out a comedy night show. All you have to do is to plan a comedy show which everyone can enjoy. Make the guest laugh till they chock. You can also invite the guests to come on stage and share some comedy incident or to crack a joke. I know this going to be some much fun. You can also have the fun when you have money in your pocket and awesome guest in your invitation list. In short you need a place where you can have too much fun. Select a Theme “ I know you are here to ask me some ideas but I am asking you to find out idea. No, no, I am just saying try to give it a theme first because that what makes it easy to plan everything else. Here are three options I would like to give for the theme. It is Indian cinema which is named Bollywood. When we talk about Bollywood, then it pictures colors, fun, happiness, Larger than life. It would be really amazing to plan a Bollywood theme party for the guest. We had planned a Bollywood theme party for our uncle last year and it was too much fun to come as movie characters. Retro Fun theme This is another theme option you can consider. Retro is a charm for any theme party. So have this party in retro style. Rent some retro style clothes, decoration materials, invitation cards, etc.. Casino Party Why not to make it really fun for the big boys. For this you can rent some casino tables and machine for the party. Guest will really enjoy the game. I know looking at the picture you might be already thinking about this. I actually got this ideas from some of the online source, so I thought it would be great to share with you. Young forty As I said I would make it more of happening party not very mature. So I think it is the time to feel more younger rather feeling old. Make it a coolest party, have fun, enjoy dance and music, drink and eat. Do everything which makes this party to be fresh start from age forty, as if a new beginning. Grape Stomping Grape stomping is too much fun for any party. I think many of you already aware about it but who are not, let me explain it to you what it is. Grape stomping is a traditional method of making wine. In this method, grapes need to be crushed by the foot in a big container to release their juice which leads to go in process of making wine. Nowadays people make it as fun rather than any process. People enjoy crushing the grapes in the container and believe me it is too much fun. So make an arrangement of it for the guests. Magical show Amaze everyone with a magical show for the party. But believe me its just the illusion. I told you already that I am going to give you only some fun ideas. So if you are following me then I would like to suggest you a magical show, believe me you will really enjoy the show. You can fix up a show by calling some magicians or any birthday event management company. I know your mouth is watering by reading the title, most of you I guess. So what am I talking about? The ideas are simple, you need to plan a slot of time for making food and dishes. Arrange for few mini kitchen tables where guest can cook something for each other who all are interested. At the end of it, everyone will enjoy each others dishes, and a good time. For this you can plan the cooking session in your lawn or may be you can book one for the day. Plan a surprise You can plan out something to surprise. Think for some ways to find out how can you give a surprise , if you are planning the party for someone not you. Wishes board For the party, you can put one interesting thing in your

list. It is a white board with different color sketch pens. You can also have 40th birthday decoration on the board. It is for all the guest to leave a message for the birthday person. It can be anything, i. You can also go for pinboard too. For this give every guest, a note where they can write their messages and pin it to the board. So the guest can put anything on the board which they want to convey to the birthday boy or girl. You can plan it for the end of the party or at the beginning of it. Happening places There are many places that you can book to have fun and feel like more young better than before. I am talking about a movie theatre, indoor club houses, bowling alley, etc.. You all can really have a good time for the day. Its time to rejuvenate as I said earlier and this part of life after age 40, it is the new beginning. Actually I made it a little quirky. The idea is simple, plan the 40th birthday party where you are surrounded by only nature. I am talking about planning a mini trip to the nearest place where there is more of nature, i. You can book a mini bus for the guest and start your fun from the road to the destination, like a youngies do. Games for fun Plan out some games for the party. I think this is going to be really fun to have games for the guest. Find out the list of games for adult people and pick few that are easy to play and interesting too. You can play games at home, lawn or you can book any banquet hall. Karaoke night This is something which gets organized by a lot of restaurants on specific days. You get the karaoke setups at cheap prices and also at rentals. Just get the equipment and you can celebrate your special 40 singing the tunes of your favorite singers throughout. Just order a few beers to bring out the singers in everyone. Movie marathon If you and your friends are a big cinema buff then you can organize a movie marathon night or day. All you gotta do is churn out a few classic movies and set a playlist ready. Also, prepare some light snacks like popcorn and chips to go with it. You can also take suggestions from your friends who are invited to this party. You have the option to invite either just closed ones or have a whole gathering. Liquor dessert stall You can have a party full of desserts and these desserts are not just ordinary ones but are made out of special alcohol. The menu can include assortments of donuts to icecreams to cakes to rum balls and so on. This is a party especially for all the foodie friends who want to celebrate a cheat day on their 40th birthday. You can call in a chef to create exotic sets or can order from various places. Beer float It is a sort of a beer bash where people can have activities, games, and everything surrounded by the beer theme. You can also convert it into a beer tasting party. This one is for all the beer fans out there. This can also be a theme for your food and dessert menu with all the dishes cooked in beer. Rooftop scene Especially if it is a season where the weather is not too hot and humid and also not that cold you can go to a rooftop party where you can put in cabanas for the guests. Partying under the sky has a different enjoyment altogether. You can have an Arabic dessert style party on your terrace too with sheeshas and some Arabian activities planned for the guests. Video game parlor This is for all the men who still remember or would want to visit their teens back by playing those fun video games. You can either have a play station arranged or a real box video game setup with cassettes that prevailed during those times.

### Chapter 8 : 12 Creative Ways to Celebrate Your 40th Birthday - She Blossoms

*Susan Henshaw, the affable but somewhat inept housewife introduced in Wolzien's first novel, Murder at the PTA Luncheon, returns in this mild, low-key mystery set in affluent Hancock, Conn.*

### Chapter 9 : Fortieth Birthday Body Susan Henshaw Bk 2, Valerie Wolzien. (Paperback )

*12 Creative Ways to Celebrate and Honor Your 40th Birthday Your fortieth birthday is when you really start to Blossom! This isn't your typical list of 40th birthday celebration ideas; here, you'll discover ways to explore, love, and be yourself in exciting and meaningful ways.*