

[PDF] 29 And Counting: A Chick's Guide To Turning 30

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Description:

In this irreverent *Chick's Guide to Turning 30*, Julie Tilsner guides readers through the five stages of fear, denial, bargaining, the countdown, and the great beyond. She also offers some tips on affordable ways to cope with the pressure--including "group bitch" sessions and subscriptions to the Good Vibrations catalog--and how to deal with related anxieties about your professional and romantic destiny.

About the Author

Julie Tilsner is a graduate of Columbia Journalism School and a former editor at *Business Week*. She's written articles for the *New York Times*, *Linguafranca*, the *Los Angeles Times*, *POV*, and *Women's Wire*. She lives with her husband (whom she met on a kibbutz) and new baby girl.

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