



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:

Dorothy Bernstein:

Hey guys, do you want to find a new book to learn? Maybe the book with the concept O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre suitable to you? The particular book was written by a popular writer in this era. The particular book titled O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre is a single of several books in which everyone reads now. This book has inspired lots of people in the world. When you read this publication you will enter the new shape that you ever know prior to. The author explained their concept in a simple way, therefore all of people can easily recognize the core of this guide. This book will give you a wide range of information about this world now. To help you to see the represented of the world in this particular book.

Chris Holmes:

O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre can be one of your basic books that are good ideas. All of us recommend that straight away because this book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to put every word into joy arrangement in writing O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre nevertheless doesn't forget the main stage, giving the reader the hottest and based confirmed resource information that maybe you can be one of it. This great information can draw you into a new stage of crucial imagining.

Latashia Bartlett:

In this period of time globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publishers that print many kinds of books. The particular book that recommended to you is O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre this guide consists a lot of the information with the condition of this world now. This specific book was represented how the world has grown up. The vocabulary styles that the writer uses to explain it is easy to understand. The particular writer made some analysis when he made this book. That is why this book is suitable for all of you.

Stephen Redmond:

In this particular era which is the greater individual or who has ability in doing something more are more treasured than others. Do you want to become certainly one of it? It is just simple strategy to have that. What you have to do is just spending your time almost no but quite enough to have a look at some books. On the list of books in the top list in your reading list is O.J. in the Morning, G&T at Night: Spirited Dispatches on Aging with Joie de Vivre. This book that is qualified as The Hungry Inclines can get you closer in turning

into precious person. By looking right up and review this book you can get many advantages.

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