



Family Squeeze: Tales of Hope and Hilarity for a Sandwiched Generation

Phil Callaway

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You've been warned about middle-age spread. But no one told you about the squeeze.

You're in the "Middle Ages"—sandwiched between the "greatest generation" and the "gimme" generations, busily juggling both with no relief in sight. Children are driving, and parents are not. Money is tight and so are your favorite jeans. And things that never ached before are beginning to give you trouble! For every baby boomer who wonders if it's possible to navigate the Middle Ages with grace and style, Phil Callaway offers plenty of hope and a little hilarity, too. Because there's nothing like a smile to make wrinkles less noticeable.

The author of *Who Put My Life on Fast Forward?* and *Laughing Matters* offers this lighthearted look at the challenges of the middle years — and promises that while we can't slow down the aging process, we *can* ease the worries it brings by focusing on what really matters most.

From the Trade Paperback edition.

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