



What I Wish I Knew When I Was Twenty

Kimberley Gold

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Do you often ask yourself ‘How can I be happier?’, ‘How can I be more successful?’, ‘What can I do to improve the relationships in my life?’

When I turned thirty I found myself asking those exact questions. I looked for books on the subject and couldn’t find the answers I was searching for. I realised the people that would have this knowledge were women who have already been where I am going, and who have survived everything that life has thrown at them, gaining invaluable experience and wisdom along the way.

This book is a compilation of 100 helpful life-changing tips on love, relationships, family, emotional well-being, friendship, skincare, fashion, sex, work and finances. Blending personal experiences and practical advice from women aged between fifty and ninety from diverse cultural backgrounds around the world, to help us learn from their mistakes, and to help us be happier and successful in our own lives.

You can learn how to be happy.

You can learn how to build better relationships with friends, loved one’s and colleagues.

You can learn how to have a fulfilling sex life.

You can learn how to be successful in your career.

You can learn how to age gracefully.

Read this book of advice passed from one generation of women to another to begin your journey towards a better you.

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