

The Glow Code: A Cheat Sheet for Feeling, Looking, and Being Your Best at Any Age

Michelle Mclvor

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Journalist Michelle Mclvor's *The Glow Code* is a factual, friendly guide to enjoying and enhancing life in middle age.

With the goal of empowering women and helping them feel better about aging in their own skins, this book draws on interviews with experts (most of them women) regarding aging. Mclvor acted as a guinea pig with their tips, enacting advice on the best workouts, how to be a good friend, how to get better sleep, and how to control bad habits in her life. She engaged in weight training until she oozed "bad-ass, superwoman vibes"; she also recalibrated her love life, engaging in "no-frills sex. There's no prep work needed. No lit candles. No fancy moves. This is come-as-you-are sex."

From chapter to chapter, there's health-related advice for attaining better skin, getting enough protein in one's diet, and curbing alcohol use; this comes alongside lifestyle suggestions to make entertaining, investing, and decluttering easier. The chapter on looking one's best includes helpful product recommendations for moisturizer and make-up, too. And such encouraging tips are bolstered by personable humor and a little swearing.

The Glow Code is a holistic, approachable guide to approaching middle age with verve.

SARAH WHITE (July / August 2024)

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