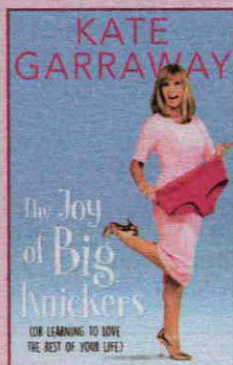


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## BOOKS



### 'THE JOY OF BIG KNICKERS (OR LEARNING TO LOVE THE REST OF YOUR LIFE)' BY KATE GARRAWAY

**W**arm, funny and refreshingly honest, Kate Garraway's literary debut offers a revealing exploration of ageing, covering all the anxieties, insecurities and embarrassing issues it brings. Packed with expert advice on everything from wrinkles to romance and hot tips from the *Good Morning Britain* presenter's celebrity friends, there's also a healthy dose of personal anecdotes. Be warned – a hilarious account of Kate and husband Derek Draper's two-week sex challenge will have you cringing and laughing in equal measures! **MG ★★★★★** OUT THIS THURSDAY

