



# I'm 40 & Medicated, Don't Mess With Me!

*Kathleen Higgins*

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## **I'm 40 & Medicated, Don't Mess With Me!** Kathleen Higgins

Based on a true story, a witty account of learning to fight depression with the use of laughter. At the age of forty, the author sank into a depression due in part to taking herself and life too seriously. Finding the humor in situations that once seemed overwhelming became a liberator. Chapter titles such as “My Two Years in a Doctor’s Waiting Room”, “Constructive Criticism and Other Insults”, and “Growing Older While Kicking and Screaming” are humorous accounts of ordinary situations in which one can learn to gain control over life through laughter. For instance, in the chapter on growing older, rather than regret lost youth, find the joy in a date that starts with a visit to the chiropractor and ends with a Rolaid. The book runs the gauntlet from standing up to authority figures, raising children, taking care of an aging parent and getting your husband to do all the cooking.

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