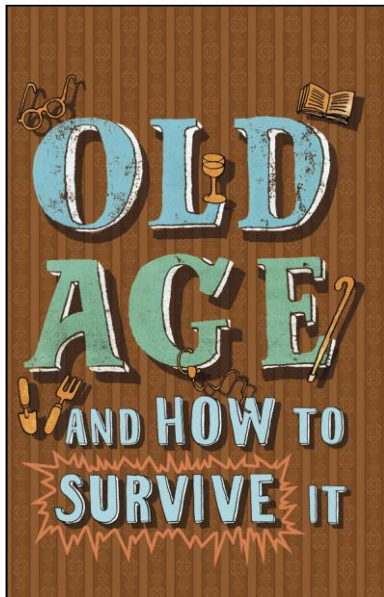


● Summersdale New Book Press Release ●

Enfield's Entertaining Essays on being Elderly

The Octogenarian writer and TV broadcaster gives us his wry look at retirement and – most importantly – advice on how to ignore all the good advice

PUBLICATION DATE: 5th OCTOBER 2009



OLD AGE AND HOW TO SURVIVE IT

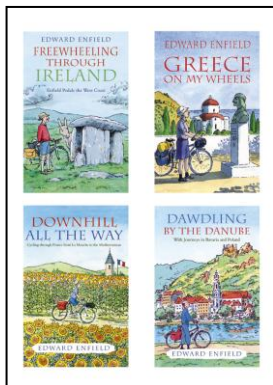
by
Edward Enfield

ISBN: 978 1 84024 776 3 Hardback 192 pages £9.99 Oct 2009

“Cicero remarked that old age is a strange business. No one wants to miss it, he said, and everyone complains about it when they get there. Not I though. Take it from me the best thing to do about old age is to enter on it at the first possible opportunity, so that you have time to enjoy it properly.”

Old age comes to us all, and Enfield wittily advises on how to survive its trickier obstacles, not least the people who suggest you must “do something”. Enfield is adamant that one of the great delights of the golden years is **doing less**: from doing less DIY (if any at all) to inviting less people (if any at all) to dinner!

- **The publication of these elegant, entertaining and – often erudite – essays is timed to mark Edward Enfield's 80th birthday.**



Edward Enfield - the Pedal-Powered Pensioner!

Funny, wry and always informative, Edward Enfield's cycling adventures are also published by Summersdale:

Dawdling by the Danube (£7.99)

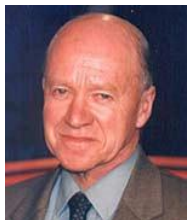
Downhill All The Way: Cycling through France (£7.99)

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Greece on My Wheels (£7.99)

'amusing, witty and often well-observed' The Sunday Telegraph.

'Enfield's stories will make you weep with laughter' The Oldie



Edward Enfield was born in 1929. After completing a degree at Oxford University he spent five years working in the Far East. On his return to England he worked for West Sussex County Council. Now retired, he lives in Sussex and writes regularly for *The Oldie* magazine. He is also a seasoned broadcaster with appearances on *Watchdog*, the BBC's *Holiday* programme, *Points of View* and *The Heaven and Earth Show*. He has three daughters and a son. Edward Enfield is available for interviews and to write feature articles. (Harry Enfield is a comedian.)

Edward Enfield's books are published by Summersdale and available through all good bookshops and internet booksellers or by telephoning Summersdale. **To request review copies or to be put in touch with the author** please contact Elly Donovan on: 01243 771107 or email elly@summersdale.com



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