



For Immediate Release

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New Book Provides Brutally Honest, Touching & Funny Essays about Women in Their 40s

*“Knowing Pains: Women on Love, Sex and Work in Our 40s”
donates all proceeds to Breast Cancer Action*

San Francisco, CA (September 9, 2008) – From tattoos to affairs, from motherhood to mayhem, from battling alcoholism and eating disorders to everything in between, real women in their 40s aren’t afraid to tell it like it is. “[Knowing Pains: Women on Love, Sex and Work in Our 40s](#)” is a new book that brings together a collection of 32 essays from women from 11 states.

Available in October, “Knowing Pains” was conceived by Molly Rosen, who sought such an anthology when she turned 40. When none existed, Rosen took a hiatus from a successful corporate career to assemble the women who not only survived their 40s, but also thrive with dignity, courage and laughter. The women, as the book’s sub-title suggests, are “old enough to know better, but young enough to do something about it.”

Sex, marriage, love, divorce, motherhood, singlehood, passion, obsession...Nothing is off-limits to this startlingly fresh group of new female voices.

There is adventure and inspiration in every essay, highlights including...

- Single mom **Ona** tries to balance an affair with two men
- **Lori** learns about being a 'geriatric mama' at 40
- **Susan** comes to terms with her eating disorder

- **Lauren** copes with being a mother to three - and widow - at 40
- **Erin** saves her mother from the bottle
- **Diane** leaves her friends, career and family behind to live her 40s in Paris
- **Thea** shares her struggles with infertility and politics

Starting in October, in honor of those affected by breast cancer, 100% of all book net proceeds will be donated to Breast Cancer Action (www.bcaction.org) to support breast cancer education and advocacy. Among the essayists featured in the book:

- **89%** have been personally impacted by the breast cancer epidemic.
- **37%** have had breast cancer, or a breast cancer scare.
- **56%** have had a family member with the disease.
- More than **70%** have had a friend or colleague afflicted with breast cancer.

Many of the essayists are local to your area, and are available for interviews or book signings.

Publishable excerpts; Jpeg photos of cover; list of essayists; review copies; and additional information available upon request. Please contact Molly Rosen at 510-502-4303 or by e-mail at mollyr@knowingpains.com.

Book Information:

“Knowing Pains: Women on Love, Sex and Work in Our 40s”

Publisher: WingSpan

ISBN: 978-1-59594-254-8 50000

Pages: 231

Price: \$16.95

Purchase: Available through Knowing Pains (www.knowingpains.com), Amazon (www.Amazon.com), Ingram (www.IngramBook.com), and local booksellers (list available at www.knowingpains.com).

About Breast Cancer Action

Breast Cancer Action (BCA) is a national watchdog and advocacy organization that carries the voices of people affected by breast cancer to inspire and compel the changes necessary to end the breast cancer epidemic. (www.bcaction.org).

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