



Things to Do Before You're 40: Over 100 Imaginative, Inspirational and Irresponsible Ideas to Try Before You Grow Up

Michael O'Mara Books

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Let's face it—by the time you reach 40 there's no getting away from the fact that you're officially a grownup. So before you reach that landmark birthday, make sure those last few years of youth are (mis)spent wisely. After all, you're unlikely to want to take up naked bungee-jumping after you've turned 40, are you? And, of course, if you've already hit the big four-zero, then this is your chance to look back and see just how wild your youth really was. Packed full of original ideas—some frivolous and fun, some inspirational and thought-provoking, and some sexy and downright illegal—this book is guaranteed to stave off middle age and spur you on to live life to the fullest.

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