

CONTENTS

INTRODUCTION ix

Getting Out Of Bed 3

Stepping On The Scales 9

The Mirror Moment 12

Drivetime 15

Theme Songs 18

Office Politics 22

Blue Period 27

Friends Like These 29

Just Say No 32

System Not Responding 36

Credit Lines 40

Love Struck 43

Separated From The One

You Love 50

Call Waiting 53

Prescriptions For Life 56

The Parent Trap 60

Battle Of The Sexes 64

Escape Routes 71

School Run 75

Gone Forever 80

Toothache 82

Breaking Up Is Hard To Do 83

Take 5 90

Going Home 93

One For The Road 97

Behaving Badly 99

Going To Bed 103

Not Tonight 112

In The Small Hours 116

Early Morning 121

Weddings 125

Funerals 128

Christmas 131

ACKNOWLEDGEMENTS 133

INDEX OF AUTHORS 139

INDEX 143