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New ‘Golden’ Book Explores Life Lessons Inspired by *The Golden Girls*

CHICAGO — December 3, 2024 — Chicago writer Michelle Lange was published by Thunder Bay Press with the release of *The Golden Girls Guide to a Golden Life*, a funny and heartfelt book that blends humor, life advice, and nostalgia from one of the most beloved sitcoms in television history.

The Golden Girls Guide to a Golden Life captures the essence of Dorothy, Blanche, Rose, and Sophia as the ultimate guides to living a fulfilling and fabulous life. With chapters that explore topics like friendship, resilience, love, and independence, author Michelle Lange offers timeless wisdom wrapped in the charm and wit that made *The Golden Girls* iconic.

“*The Golden Girls* taught us that life doesn’t stop after a certain age, it only gets better,” says Lange. “This book celebrates embracing your authentic self, forming lasting connections, and the power of cheesecake.”

Highlights of the Book:

- **Nostalgic Reflections:** Relive unforgettable moments from the show that shaped a generation.
- **Practical Life Tips:** Learn how to channel Blanche’s confidence, Sophia’s sass, Dorothy’s wisdom, and Rose’s optimism in daily life.
- **Interactive Elements:** Fun quizzes, tips, and challenges inspired by *The Golden Girls* to brighten your day.
- **Breezy Miami Design:** A perfect gift for fans, complete with gorgeous illustrations and engaging content.

Availability:

The Golden Girls Guide to a Golden Life is now available in paperback from Target, Amazon, Barnes & Noble, and more.

<https://www.barnesandnoble.com/w/the-golden-girls-guide-to-a-golden-life-michelle-lange/1145682799>

About the Author: Michelle Lange is an AP-award winning journalist whose work has appeared in *The Village Voice*, *USA Today* and the *A.V. Club*. She is a lifelong fan of *The Golden Girls* and identifies most with Dorothy.

Thunder Bay Press is dedicated to creating books that inspire, entertain, and educate readers of all ages. With a catalog of titles celebrating pop culture and nostalgia, Thunder Bay Press brings beloved stories and icons back into the spotlight.

For review copies, interviews, or additional information, please contact the author, whackpublications@gmail.com.