

Movie Review: Book Club



y [Jessica Gomez](#)

In this fascinating comedy, which was released in theaters on May 18th, four successful older women in a book club read the infamous book *Fifty Shades of Grey* – and it gives them a whole new perception: It's time to change it up and seek out different kinds of pleasures. These four women are in different situations – one widowed, one playing the game with no strings attached, one working through a floppy 35-year marriage, and the other working through a 10-year old divorce! This lovely comedy starring Jane Fonda, Diane Keaton, Candice Bergen, and Mary Steenburgen, displays the journey to finding what was lost in love and sexuality, and showing us that you're never too old to get it back. Outrageous choices are a

must sometimes in order to find what you actually crave.

***Book Club* is all about being sparked by a particular something to go out and take life into your own hands. Read on to continue reading our [movie review](#) and for some tips on how to get the motivation to get you out there and get what you desire:**

Should you see it:

Yes! This is a great feel-good movie! No matter how old you are, *Book Club* will make you laugh. You will follow the lives of these four older women and see that the golden years are not really what society makes them out to be.

Who to take:

Definitely take your girlfriends and anyone else who enjoys a good chick flick! It's the type of movie that can inspire women of all ages to aim and achieve what they want, while also having you laugh. Enjoy it with some popcorn and soda! If you're on a diet, make it your cheat day!

Cupid's Advice:

Sometimes all we need is a little push, a little motivation. It happens. Sometimes we're in a slump and feel the need for more, but just can't get the energy to do so or don't even realize it! Here are a few things you can do to change that:

1. Update your look: When you look good, you feel good! Go

shopping, change your hair, etc. Look through your closet and give it a good clean out. Check out what you want and don't, what you use and want to use, and what you will never use again. Go to the salon and get a hair cut or just get it done and grow your hair out – the choice is yours. Do what makes you feel good! It's time to get to work!

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2. Take care of yourself: You want to be healthy, and like said before: look good. Eat well, have a full breakfast and a decently small dinner. Eat snacks throughout the day to give you the energy you need to get stuff done. Exercise for energy and health – it also keeps you looking good and it releases dopamine and serotonin, chemicals that work together to make you happy and keep you in a good emotional state. Also, don't forget to pamper yourself! Go get a mani-pedi, a facial, etc. Stay on top of this and be consistent!

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3. Try new things: Continue doing the things you love and make you happy, but also try the new and foreign. You never know what you could be missing! There are just so many things to explore whether it be activities or new places. Be all about you. Take on these new adventures both alone and with friends and family. The list is endless and so are the possibilities for your self-realization and happiness.

Do you have any tips to add? Share with us below!