



"Not tellin' you a lie; you can ask  
your dear old motha

Maybe she can tell you why you're  
lookin' like a brotha

Now add it to the list with mood  
swings and hot flashes

Turnin' over fiddy give da sistas  
mustaches..."

Deb Mangolt, from her composition  
entitled "Sistas got Mustaches" from  
the *Drink Wine and Giggle* activity  
*Rap it Up*

## What makes your book unique and different from the thousands of other titles aimed at women?

*Drink Wine and Giggle* is an experiential book with a purpose: to change women's lives for the better. There are many self-help books out there and many more directed at women, but *Drink Wine and Giggle* is group self-help with the focus on *doing*. It takes the best of self-help and puts it into action in the supportive environment of friends.

## How can a puppet show help women? Do you really think women will do these activities?

We sure hope so! We have tested all 101 activities and if we found an activity didn't work we ditched it or tweaked it until it was absolutely 100% worth doing. *Masterpiece Puppet Theatre* involves two activities: one is making a puppet. You may discover you have a crafty talent for puppet design that you never knew. The other is performance. Performing as a puppet can be hugely uninhibiting—good fun and good therapy. Again, you may discover a hidden talent for improv. So you see, what appears to be a frivolous activity has many layers to it.

## What are your favorite activities from the book?

**Lynne:** I don't have a favorite because each activity has something to offer, but *And Now for Something COMPLETELY Different* stands out for me. We ate quiche out of brandy snifters sitting on the floor dressed in our pajamas and high heels while listening to New Orleans jazz. Our completely different dinner was very much in line with the *Drink Wine and Giggle* philosophy of doing new things or old things in a new way.

**Deb:** Do any one of the 101 activities and you might scratch your head and hear your inner voice say something like, "Okay, that was loads of fun, but life-changing and inspirational on a self-help level? Come on!" For me, the magic is in the collective experiences. You'll "get" the power of *Drink Wine and Giggle* when you do an activity or two from each section—mind, body, soul and funny bone. That said, if my wine was being held hostage for an answer, I would have to say *Collage Life* was my favorite because it can give you a deeper understanding of yourself and your girlfriends to warm you up for vision boarding in *Get on Board*.

**Julie:** *Experiences of a Lifetime* and *Get on Board* are the two activities that proved to be life changing for me. If you're ready to make things happen in your life, give these two activities a chance to prove the power of your mind over anything in your life that needs a makeover. The beauty of having 101 activities to select from is that there is mix of light-hearted ones amongst the more thoughtful. The joy I experienced while balancing on a trapeze when we did *Get Under the Big Top* left me feeling refreshed and vibrant; remembering the simplicity of a childhood summer day with *Go Fly a Kite*, helped me put the adult stresses of life into perspective. Mix and match activities as your life unfolds and you'll experience the optimal benefits of *Drink Wine and Giggle*...