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› Instruction Manual for '29: A Novel' by Adena Halpern

Atria Paperback (ISBN-10: 1439171122)

Instruction Manual for "29: A Novel"

BY **ADENA HALPERN**

Published by Atria

Introduction to Your Reading Experience

"29: A Novel" by Adena Halpern is a work of contemporary fiction that invites readers to explore profound themes through a unique premise. The narrative centers on Ellie Jerome, a seventy-five-year-old woman who, on her birthday, wishes to be twenty-nine again for just one day. This magical transformation sets in motion a series of events that challenge her perceptions of life, family, and the choices she has made. The novel delves into the complexities of intergenerational relationships and the timeless desire for self-discovery and fulfillment.

This manual provides guidance on how to best engage with the book, ensuring a comprehensive and enjoyable reading journey.

Product Overview

You're only young
twice.



A N O V E L



"A joyful fairy tale that will sweep you up and captivate you
from start to finish. Sweet, funny, and tender."

—Karen Quinn, author of *The Ivy Chronicles* and *Wife in the Fast Lane*

ADENA HALPERN

The cover of "29: A Novel" depicts two birthday candles forming the number 29, symbolizing the central theme of age and

transformation within the story. The vibrant teal background and playful polka dots on the candles hint at the novel's lighthearted yet insightful tone.

Setup for Optimal Reading

To prepare for an optimal reading experience, consider the following:

- **Environment:** Select a quiet, comfortable space free from distractions.
- **Lighting:** Ensure adequate lighting to prevent eye strain.
- **Comfort:** Find a comfortable seating position that allows for extended reading.
- **Materials:** Have a bookmark readily available to mark your progress. Optional: a pen or highlighter for notes, if desired.

Operating Instructions: Engaging with the Narrative

1. **Initial Engagement:** Begin by reading the title, author, and any introductory remarks to set the context.
2. **Pacing:** Read at a pace that allows for comprehension and enjoyment. Do not rush through chapters.
3. **Active Reading:** Pay attention to character development, plot progression, and thematic elements. Consider how Ellie's journey reflects broader human experiences.
4. **Reflection:** Pause periodically to reflect on the story's implications and your personal connection to the characters' dilemmas.
5. **Page Turning:** Gently turn pages from the top or bottom corner to avoid damage.

Maintenance and Care

To preserve the condition of your book:

- **Storage:** Store the book in a dry place, away from direct sunlight and extreme temperatures.
- **Handling:** Handle with clean, dry hands to prevent smudges and wear.
- **Protection:** Avoid bending the cover or dog-eared pages. Use a bookmark.
- **Liquid Exposure:** Keep liquids away from the book to prevent damage to pages and binding.

Troubleshooting Common Reading Challenges

Reading Problem Solutions

Problem	Solution
Difficulty understanding plot/characters	Reread previous sections, or discuss with a friend who has read the book.
Loss of interest	Take a short break, read a different genre, or try reading aloud to re-engage.
Physical discomfort during reading	Adjust lighting, posture, or take frequent short breaks.

Specifications

Title: 29: A Novel

Author: Adena Halpern

Format: Paperback

Publisher: Atria

Publication Date: June 15, 2010

Language: English

Print Length: 288 pages

ISBN-10: 1439171122

ISBN-13: 978-1439171127

Item Weight: 8.8 ounces

Dimensions: 5.25 x 0.72 x 8 inches

About the Author and Critical Acclaim

Adena Halpern is the acclaimed author of "29" and "The Ten Best Days of My Life." Her work often explores themes of self-discovery and the human experience with humor and heart. She has written for various publications, including *Marie Claire* and *The New York Times*.

"A joyful fairy tale that will sweep you up and captivate you from start to finish. Sweet, funny, and tender." —*Karen Quinn, author of The Ivy Chronicles and Wife in the Fast Lane*

"Take an ingenious idea for a plot, combine it with likable characters and genuine heart and you've got 29, a novel about a woman who is full of regrets until she makes a wish that changes her life and the lives of those she loves. A skillfully told story that will appeal to 29-year-olds of all ages." — *Jane Heller, bestselling author of Name Dropping and An Ex to Grind*

Author Insights: Video Interview

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Watch an interview with Adena Halpern, the author of "29: A Novel," as she discusses the inspiration behind the book and the

fascinating research process involving interviews with women in their early seventies. She shares insights into the character of Ellie and the themes of regret and change.

Warranty and Support

For inquiries regarding manufacturing defects, missing pages, or binding issues, please contact the publisher, Atria, directly. While the content of the novel is subjective and not subject to "warranty," we encourage readers to engage with the story and its themes. For further discussion or reader support, consider joining online book communities or local reading groups.

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