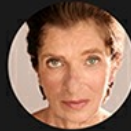


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## THE KATHRYN ZOX SHOW

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**The Kathryn Zox Show**  
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**September 30th 2009:How Not to Act Old**

Kathryn and author Pamela Redmond Satran discuss Pamela's new book *How Not to Act Old 185 Ways to Pass for Phat, Sick, Hot, Dope, Awesome, or at Least Not Totally Lame*. "OK so you workout. Color your hair. Even have a facebook account, and know how to use it. But do you still send email? Leave voice messages. Resist discussing your orgasms at business meetings? Then you might be acting older than you look, older than you think, older than is good for you." A columnist for *Glamour* Pamela also writes frequently for the *New York Times*, *The Daily Beast* and *The Huffington Post*. Go to [HOWNOTTOA](#)

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