

HOW
poems
TO BE
Rachel
OLD
McAlpine

HOW TO BE OLD

Rachel McAlpine

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SELLING POINTS

- Poetry from a well-known Wellington author.
- Written by an 80-year-old on how to be old.
- Writing with humour, humanity and practical tips.
- Poet with strong social media and online presence.
- To be interviewed by Nine to Noon June 2020.

Wellington writer Rachel McAlpine blogs and podcasts about living and ageing and is celebrating her 80th birthday with a book of poems. *How to Be Old* is an explosion of humanity on the page with some practical tips from the author and sage advice from Elsie aged five. Rachel has also written novels, songs and plays, and books about writing. Her website is writeintolife.com



*I could be arcane, I could be smart
I could crochet the strings of your heart
I could be subtle, I could be wise
sprinkle my lines with splendid lies
but now that I'm staring at my own demise
I don't have time. So here's the deal.
I'll stop talking to myself
and talk to you.*



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