



Rejuvenate!: (It's Never Too Late)

Eartha Kitt

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The purr-fect guide to staying mentally and physically healthy and vital from the legendary star who defines longevity.

From her hit songs in the 1950s and television stardom as Catwoman on *Batman* in the 1960s to her sold-out shows at New York's Café Carlyle in the 1990s, her Tony-nominated role on Broadway in 1999, and her hilarious performance as Yzma, the villainess in Disney's *The Emperor's New Groove* in 2000, Eartha Kitt is one of America's most versatile and enduring performers. Now, at seventy-four and still going strong, Kitt reveals her secrets of vitality in *Rejuvenate!*, an elegant and inspiring book.

Seductive, provocative, amusing, and calming, she combines the lessons of her life -- from a difficult childhood in the South and in Harlem to the joys and challenges of her life in the public eye -- to offer this wise window into her incredible mental and physical vigor and an open invitation to the joys of aging in style.

Rejuvenate! is a simple, user-friendly guide that doesn't require a gym, a personal trainer, or even exercise equipment. Each of the nine chapters, with titles such as "Bend," "Stretch," and "Rock-and-Roll," features one basic exercise for the body with easy-to-follow instructions and an entertaining, inspiring message for the mind.

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