

01 / THE FIRE PAGES · 3

What do you want?

Not to add to your list, but to remind you that you can still learn and accomplish great things: name one thing you want in the next six months. The best orgasms of your life. Five pull-ups. The perfect cherry pie. Learning to lie back and receive spectacular oral sex without apologizing once or checking the clock, which for some of us is the harder skill. Mastering the at-home hot oil massage. The category is open. The category is very open.

Your Fire Years · The Fire Pages

02 / THE FIRE PAGES · 4

Your first kiss.

Remember your first kiss. Write it in all five senses. Take your time on the fifth.

Your Fire Years · The Fire Pages

Cut along the borders. Pick a card. Passing is always an answer.

03 / CHAPTER 22

Now write yours.

Not a vague one. A list, with places on it, and at least one thing you have never done and have no business attempting.

Your Fire Years · Chapter 22

04 / THE FIRE PAGES · 7

Before anyone was watching.

What did you love doing at ten years old, before anyone was watching? Describe it. Then schedule it.

Your Fire Years · The Fire Pages

Cut along the borders. Pick a card. Passing is always an answer.

05 / THE FIRE PAGES · 10

Not caring counts double.

List three things you can do now that the woman at twenty-five could not. Not caring counts. Not caring counts double.

Your Fire Years · The Fire Pages

06 / THE FIRE PAGES · 9

One woman. One sentence.

Name a woman who made you feel safe. Write one sentence she said to you.

Your Fire Years · The Fire Pages

Cut along the borders. Pick a card. Passing is always an answer.

07 / THE FIRE PAGES · 6

Mention the thermostat.

Write the online review you would leave for perimenopause if it were a hotel. One star is permitted. Be specific about the amenities. Mention the thermostat.

Your Fire Years · The Fire Pages

08 / THE FIRE PAGES · 11

The real laugh.

Describe your laugh. The real one, the one that embarrasses you. When did you last hear it, and who was in the room?

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