

# adena halpern

question and answers **the ten best days of my life**

## **Writers write what they know. How much of Alex is in you?**

Since my first book was a memoir, I set out to create a character that was most unlike me for my second book. Sure, I'd love to have an amazing wardrobe and eat whatever I want and never gain weight, but that's pretty much all that Alex and I have in common. You'd have to ask my parents, but I think they'd say I was a pretty good kid. I certainly never burned down a hotel room or maxed credit cards. The only thing I did take directly from real life was the fact that there really was an Uncle Morris Salis who died when I was 12. Like his character, he never married; he smoked cigars and was like a Santa Claus to my mother and me. I loved him very much. Since he had no children, I thought he deserved a legacy. Now he has one.

## **Do you believe in an afterlife?**

I would like to think there is an afterlife. I've had a manic fear of death for as long as I can remember. The idea of Seventh Heaven is something I dreamed up a long time ago to make myself feel better when I start thinking about my own death or loved ones who have died.

## **How did you come up with the idea for THE TEN BEST DAYS OF MY LIFE?**

I was thinking about new ideas for a book and my husband asked me what were the ten best days of my life? I thought about that for a second and then thought, what if a character told their ten best days after they died? It was one of those things that hit me like a lightning bolt. I could talk about my image of heaven and create a world where someone would have to look back and talk about her life.

## **We know Alex's version of Seventh Heaven. What's yours?**

I want to be 5'6! I'm only five feet tall and I hate my height. I know I shouldn't, but I do. In my version of Seventh Heaven, I'm 5'6. Also, I lost a favorite ring of mine years ago and I want it back. When I arrive at my home in Seventh Heaven (many many years from now) I hope that ring is in my jewelry box.

## **Why did you choose to make Alex 29 years old?**

I think 29 is a very interesting age. It's my belief that it's the last year of being considered a kid. At 30, you sit at the adult table. It's those years between your teens through 29 where I believe you should go nuts, try everything, make mistakes, and learn lessons. By the age of 30 you should have a sense of who you are and what you want out of life. I think that Alex was just getting to that point, but just didn't know it yet.

## **Okay, what were the ten best days of your life?**

The short answer to that is every day I spend with my husband.