

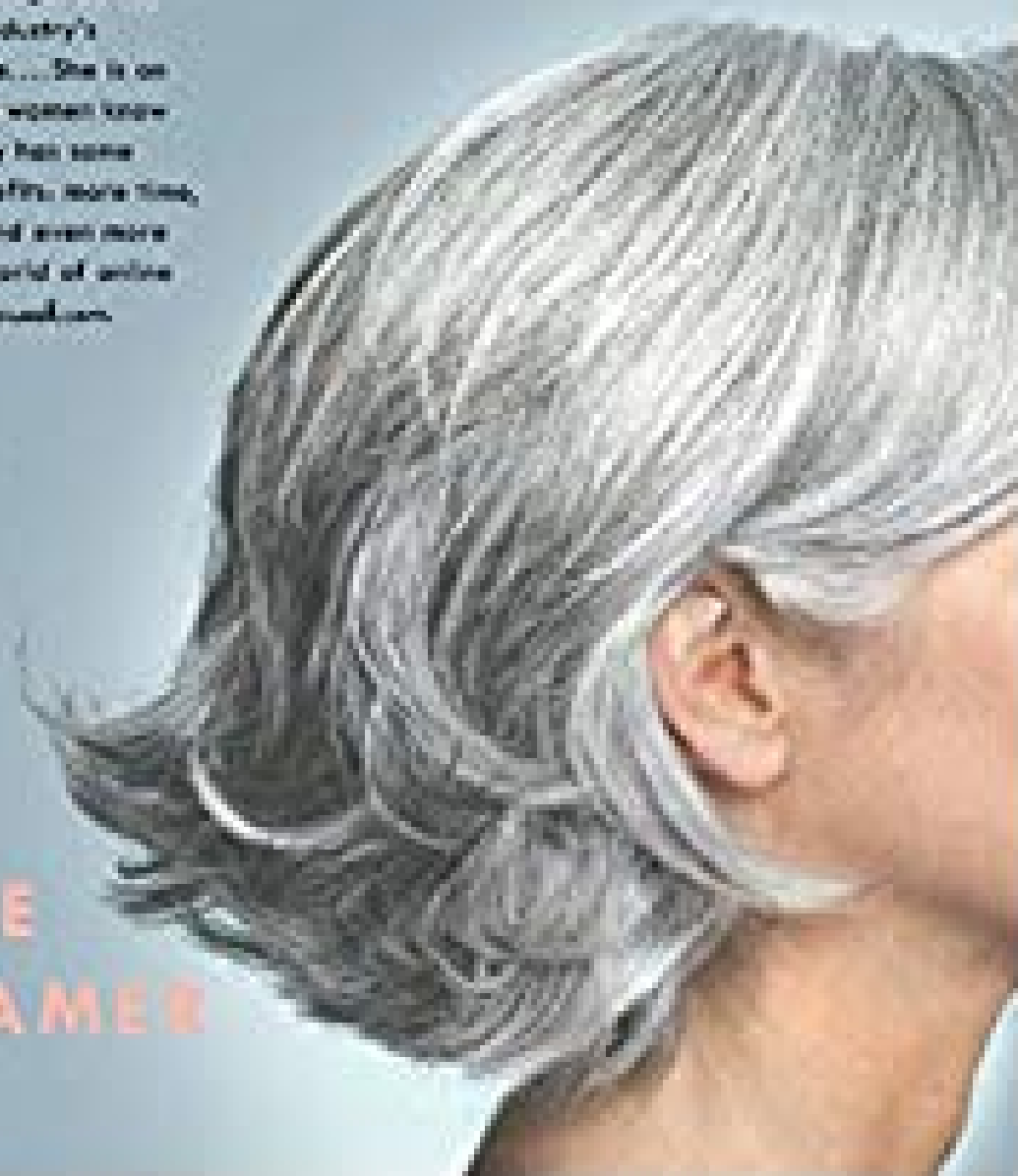
GOING GRAY

HOW TO EMBRACE YOUR AUTHENTIC SELF WITH GRACE AND STYLE

"Anne Kreamer might be the hair-coloring industry's worst nightmare. . . . She is on a mission to let women know that going gray has some significant benefits: more time, more money, and even more 'winks' in the world of online dating." *Newsweek*



ANNE
KREAMER



Anne Kreamer

Going Gray: How to Embrace Your Authentic Self with Grace and Style



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When 49-year-old Anne Kreamer saw a horrifying photo of her harshly dyed brown hair, she realized she wasn't kidding anyone. So she set out an idea: over the next few months she would quit her weekly visits to the salon and let her hair go its natural method. and Will I become discriminated against in the work world? In looking for the total amount between attractiveness and authenticity, Kreamer provides an entertaining and valuable consider the politics and personal costs of our definition of "maturing gracefully. The result is *Going Gray*: an exploration of this knowledge and a frank, funny, and unflinchingly smart investigation of ageing today. Through interviews, experiments, and astonishing personal accounts, Kreamer probes the problems behind two of the largest fears mature women encounter: Can I be sexually appealing as a gray-haired middle-aged woman?"



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Not for sissies this book was one of the first books I purchased when deciding to go gray...! There's a wide variety of approaches and here's the kick, there is so a lot more to it than locks! I have a friend who stated why would I want to look old? An instant interesting red on many amounts. As the author stated in the reserve, keep carefully the pep in you step and shoulders back.. Three Stars Interesting sociological perspective, however, not really a "how exactly to" for those heading gray. I cut off all my locks and stopped dying it.) Opposite Decision Made This is a well crafted book but sometimes a book written to persuade to one action may also convince the reader to accomplish the opposite.! Not worth the paper it is printed on Dont waste your money on this book Really liked the book it had a lot of information in . Just ok As much as We appreciated reading someone's perspective on going gray, We didn't find this book to be especially encouraging. Amazing Grays Helped me make the decision to go natural (and not feel just like a crazy female during the process). Then if I change my brain going gray gained't be so difficult. Highly recommend this for anyone who ever considered GOING GREY! Actually liked the book it had a whole lot of information in it to provide me confidence to go Grey Great source of information Like She had plane black over dyed hair and dressed like a very previous hippie. Severe, humorous, inspiring, believed provoking!!There is absolutely no one reserve or manual on how to , it is a personal journey, some cut everything off, some put on hats, scarves, headbands some possess styling tricks. This is actually the case here. Investing in a copy today for a member of family as we were just having this debate today. Great book and I really liked it but I just ... Great publication and I really loved it but I just am not ready to take the stage of going grey all the way.actually she didn't say that specifically I made it up ; It was a shock to end up being therefore white after having dark brown dyed hair for such a long time and it produced me feel like I was faded out. This author has really done a good job of composing? about her experience and others and produced me laugh a lot. So I am choosing a less expensive route and began using a demi long lasting color that does not produce a root line. Five Stars Very inspirational to me. While I am alright with the theory I found out I do not like the gray design in my hair had nor may i tolerate how beaten up I look. I desire more people, especially those in their 30-40's, would reveal their journey to move gray. I applaud accepting yourself and doing what makes you happy at any age. And I felt slightly annoyed throughout, skipping past many parts that sensed whiny, self absorbed and unrelatable.. The book is written with warmth, intelligence, and humor. I initially mulled stopping coloring my hair to save money... I loved this book nd passed it along from girlfriend to girlfriend.



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