



The Beauty EXPERIMENT

how I skipped lipstick, ditched fashion,
faced the world without concealer,
and learned to love the real me

PHOEBE BAKER HYDE

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I viewed my reflection and despaired. In thoughtful, exquisite prose, Hyde holds up a mirror to all or any women and displays how perfectionism will keep us from attaining what we really want: happiness, self-confidence, and serenity. I was at risk of passing on a habit of feeling miserable about my looks to my baby girl—if absolutely nothing changed.s search for self-acceptance in nothing but her own pores and skin.her inner beauty. Soon afterward Phoebe Baker Hyde produced a vow: to stop new clothes, make-up, haircuts, and jewelry in hopes of revealing something she acquired always paid lip assistance to but never quite believed in— As an exhausted youthful mother I felt ugly and saw a new gown or face cream would never help.THE WONDER Experiment chronicles Hyde'



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Strange ending.. I feel bad for the reduced rating but it simply wasn't what I expected. The publication was also disjointed as she flipped in one time period to some other.. On the positive side, she shares a lot of study and stats. Besides it being applicable to me as my body and self image were changed by my tumor medical diagnosis and treatment, I also have a now 2. I think the footnotes help her credibility; Anyway, in the first 3/4 of the book, I was really attracted to the author's honesty. Her writing design is certainly adorable, and I couldn't believe how fast I was flipping through the webpages. I've have continuous thoughts about appearance and clothes go through my head, and to have someone else share comparable thoughts was fantastic. But toward the end when she began drawing conclusions, the text became a bit stream of mindful. It produced my early years with my kids look easy compared. She sort of lost me and my interest. It seemed written even more for herself and/or her daughter when compared to a broad audience that may seek a more solid conclusion.), therefore i think I would suggest this book for some of my fashion-loving close friends. Food for thought, and a good browse. I didn't put too much stock in her study results due to the small sample size, however they were interesting to check out. I would suggest this to a friend. I appreciated the conversational tone of the reserve, and that the struggles and triumphs had been well described. I especially loved the research in to the way our (American) culture provides shifted to revere beauty. Loved 3/4 of the book. 5 year old child, and it sensitized me to issues that we will face as she matures (that I faced as I grew up). I must say i enjoyed this book. General, an easy, entertaining read that delivers some good thinking on the side. I turned down a number of pages to go back through and appearance at when I want to re-read a portion of the publication. Early this season, I was in treatment for cancers (Hodgkins Lymphoma) which book was one that I go through as I made that journey. As somebody who wears minimal make-up and then only if I'm going out, I was interested to read her thoughts on quitting her beauty extras. My only warning to readers is that - as one reviewer talked about - it jumps around a bit in time, so when scanning this, try to notice dates. it proves that she isn't just saying some of these things because they sound good, but she in fact did a whole lot of research when writing this publication. I questioned the framework of the reserve because while reading it, I acquired a little whiplash when she flashed back and forth between the current time and days gone by. (although, I don't believe I could quit shaving. As I was reading it, I hardly ever sensed that she was trying to convince me one method or the other, but just describing what she experienced and how her sights changed on the beauty world. It was a moving publication, and it did change my train of thought about makeup etc. I really do think that the book is usually represented as a undertake "defying the wonder world" but it's more so an introspective look at the writer herself...ick. Unless you mind a book that will not wrap everything up with a fairly bow at the end, then you won't brain the ending. An interesting read, to be sure A friend in the local book club recently recommended this publication to me, and needing a good read for a plane trip, I decided to check it out. I'm nearly sure what I was expecting, in all honesty. But she gets the reader compared to that idea in a series of personal, persuasive essays about her personal experience addressing that point, and it is a satisfaction to follow her on her trip... We've all struggled with mommy vs wife vs me identities. I loved this reserve and I think all women should read it! The Beauty Experiment In the Beauty Experiment, Hyde shares how she halted buying clothes and ditched all however the most basic beauty products. I'd recommend it if you're in the market for a reserve that showcases the author's internal conflicts over something as silly as make-up or clothing, only if to observe how you compare. It had been an interesting look into the brain of another female, though I can't say I agree with way too many of her viewpoints. But her yr without was almost ridiculous, when you

can afford it you will want to buy new underwear if you want them. She presents a model of feminism that is not self-consciously therefore, but is quite a search for self, with awareness of how femininity is sold to women in the guise of items and habits that may become all-engulfing and inspire purposeless, unachievable perfectionism. She makes a bolder move than many explicitly feminist commentators on the beauty market have done, throwing out her cosmetics and claiming her period to write instead of primp. Her proposal -- that people figure use our cosmetics only when they are a joyful, optional improvement rather than a burdensome requirement -- is not novel. I was pulled in by the start of the publication, when the author talked about living in Hong Kong and mentioned numerous places I am acquainted with. Nah I came across the book to become a bit boring and I hate what sort of writer jumped everywhere. This was a great book that used a mix of personal experience and survey leads to talk about the author's experiment to remove all fashion and beauty elements from her life for a year. My first thought as I go through that reserve was that maybe she did it not so much as an experiment but even more to not spend money as it seems her bread winner spouse watches every cent. She was generous in posting about her existence, her experiment, and her family upon this journey. thank you Not really what I thought. She is now able to deal with the contents of "beauty" in ways that meet her existence needs vs defining her because of it. This was even more of an autobiography over a span of time with small insights into her encounters in her new means of living life essentially w/a brand-new haircut and more casual clothes. We've all attempted on a million clothes and a variety of make-up before a big night time or day. but then it nearly seemed as though she would set off on tangents and that caused me to lose a bit more interest each time. We've all struggled with our own appears vs some beauty or style ideal.! I have no idea how else to put it. Although they are great years, they are exhausting & all-consuming years and it's really very easy to reduce the "me" in them because everyone else's needs come first. I felt this was a book about development, a lot more so than approximately the wonder experiment which she used as her lens. Two Stars Boring :(Great! It was a great read and I'd recommend it. There was a whole lot of self-pity, I sensed, although she was the main one who decided to do the experiment on herself. The writer faced a multitude of problems in Hong Kong with being pregnant, new motherhood, spouse's profession, existence in expat community, trying to control her own profession, no family members around, and her daughter's birth. Loved it! I found her tone whiny and self depreciating. noura it's clean and I like the cover . I loved the after shots by the end of every chapter which showed the author found balance and joy in life after her experiment... I was thinking it would be more of a merchant account of the affects of going without the typical beauty regimens. I definitely found the reserve topic relatable. I think I would've appreciated it experienced I known it was something different. Three Stars Both enlightening and fun. As a lady, it made me just a little sad that the author felt almost as though she was dropping her identity during the course of the experiment - no one should measure their self-worth based on whether or not they're wearing the latest fashions or using makeup. The descriptions are gorgeous and allowed me to observe her world, specifically in Hong Kong which is totally unfamiliar to me. Interesting introspective take on the beauty world I was impressed by the quantity of study that went into this book. I didn't recognize with her at all and sensed bad for her hubby who got to endure years of hairy armpits. Sure we all want to appear and feel great with or without make-up but she spent considerably to enough time inside her own head fretting about her appearance. Or not gut wrench over a swimsuit when your old a single is in tatters... It really is obvious she did not just throw the publication jointly but tried to think thru what she wrote to create a case on her behalf year without. honest, well-written and

thought-provoking Baker-Hyde's publication is lovely to learn, self-reflective and perceptive. Do your best using what you have and move on to other things.



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