

# GRAY HAIR ADVENTURE

Things I learned about life when I stopped dyeing my hair



Susan Paget

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## Gray Hair Adventure: Things I Learned About Life When I Stopped Dyeing My Hair



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When you come on Susan's Gray Hair Adventure you're going to learn: Scripts for dealing with the people in your daily life who don't need you to ditch the dye The way to handle big occasions and reunions if you are in the solid of transition How to back again yourself during problems in any area of lifestyle Affirmations for experiencing the process, even when the going gets challenging and much more. Could a normal, every day woman feel gorgeous going gray? Chilly turkey, she made a decision to find out. However when her hairdresser freaked out over the decision, she noticed she was heading into territory that for most is a no-go zone..After getting inspired by online images of supermodels rocking silver hair, Susan Paget, an author, vlogger and commentator for women over 40, was prepared to try it out for herself. Susan's journey, informed with honesty and humor, goes through her own adventure of ditching dye, of questioning the position quo and overcoming her personal insecurities.. Whether you would like to figure out how to embrace life or completely own your badass self- irrespective of your actual age - Susan's Gray Locks Adventure can make you feel confident about all your big beauty choices.



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I was heading down the road of salt & I came across it uplifting and entertaining. I, too, am heading back to gray hair. Uplifting and Entertaining This was not great literature, nonetheless it was an excellent book! Well done. Ugh. Regret, regret. I decided that I didn't need to be "that woman" --- the main one who operates to the salon in an expensive panic every 6 weeks. Heading gray doesn't need to look horrendous. This is this inspiring book, not just for the Gray Locks Experience, but also as a coming old book. pepper and Susan Paget helped confirm my beliefs that gray is completely okay!. Paget suggests good ways to consider problems like additional people's put-downs, and about facing events like weddings and class reunions with half-gray locks, and about finding your way through the crises of second-guessing your decision, and more. Very recommend it. More actually than an "Adventure," she engages heading gray as an inner "Odyssey" of personality maturing. After completing my very own gray-transition, I look forward to revisiting her great "coaching sessions" in this book as I face other health and loss difficulties of maturing and of life. Loved, loved, loved this!. There is so much great information in this publication that answer most of the ... My self-confidence has soared since choosing to return to salt &. I would recommend this reserve to any woman that could like a new way of viewing the procedure of getting older and learning to end up being kind and loving and listening to our anatomies and inner selves. Powerful insights with a great and accessible writing style This book is written for women over 40, but its insights are applicable to anyone. I think I actually learnt to be a better person. I especially enjoyed the concentrate on self-care and the importance of presence to yourself, even if others aren't noticing you. Gray Hair Experience is simple to read in a single sitting - I did it in an afternoon - yet its results are transformative and longlasting. She models humor and self-acceptance and spunk, and invites the reader to grow with her as she moves from terror to confident self-definition. I am simply five weeks into my going gray journey and i know I have a long way to go still, but while it IS scary, it is also thrilling, empowering, therefore liberating!. There is so much great info in this book that answer many of the questions we have regarding aging healthfully and gracefully. Honest and Staright Forward While the writing is a bit redundant the message is clear, important and worth repeating. I don't go through books normally, but this is like listening to an old friend chat and I finished it in two days. I'm inspired and armed with actual ways to cope with the "wobbles" if they arrive. Profound and effective observations are packaged up properly in a great and accessbile writing design. Maybe the grey hair isn't just pores and skin deep. And I love being able to tap into her website for even more resources!! Two thumbs way the heck up. This book arrived yesterday and I completed it today. I've found a kindred spirit, soul sister in Susan Paget and reading about her trip to rock her authentic locks resonated

with me. That is book is highly entertaining and laugh aloud funny but it's not nearly hair. It's a reserve that encourages us to examine why we do what we do and if those choices still resonate. It's about loving yourself enough to say, "That is who I am" irrespective of our conditioning that tells us to dread change. pepper and all of a sudden started coloring my locks two years ago. I'm off to order two even more copies to provide as gifts. The article writer is so sweet, razor-sharp, humble, and funny. At age 63, it's about time. Just 2 stars Not especially encouraging or helpful.? A hearty meh. And I was getting that. 2 celebrities because I am pleased someone shared their knowledge going gray. Normally it will be 1, for content. We really enjoyed the true We really enjoyed the true, the funny, and the pearls of wisdom in this reserve. I am now several months into allowing my gray grow in naturally and I am loving it! I am just beginning my grey hair adventure and reading this publication inspired me to continue and gave many helpful tips.! Shes got plenty of powerful wisdom to talk about, but please modification the cover and get a editor and this book would really remove. I bought it regardless of the cover. Go through this short, fun, super-valuable reserve!. I am also heading all silver Heading gray and owning it I loved this reserve. I'm excited to discover what lies beneath two decades of locks dye. I could relate to so much of what she was going right through in her gray hair adventure. but this is like listening to an old friend talk and I finished . Reading this book, I felt as though the writer was holding my hand and reaffirming that I was making a good choice in ditching the dye. Great read! I recommend it! And I don't understand the picture on the cover. This publication is certainly keeping me on track. I have no idea what I was expecting, but while I appreciate her journey,I did not find any genuine insights. I'm transitioning to gray myself. Easy to Read -- But the Most Deeply Useful with Emotions This book helps me a lot more than any other resource with a steady hand at the challenge-points as I choose to go naturally gray.. in my own way! I am savoring her honesty, I just wish there was a better editor involved. Her guidelines, the video clips, the links, her sage assistance, are so worthy of getting this book! Inspirational read! Beginning my grey hair adventure - month or two in now. Not impressed. Can't wait for my silver strands to dominate ;) Four Stars Pretty good



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