

# *If your Heart Falls Out, Keep Dancing!*

*How to cope with depression  
in a fast-changing world*



*Ledlie Ann Butler*

*LeslieAnn Butler*

## If Your Hair Falls Out, Keep Dancing



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ve lost locks, or care about someone who has. This "s Trip is Her Legacy reserve provides a much needed text on dealing with emotional and cosmetic aspects of hair loss, whether from alopecia areata or chemotherapy." It really is written in the same bold and bright design that characterizes LeslieAnn's illustrations. It details how to locate and how exactly to use items for compensating with this loss.

-Janet Roberts, M.D.. This book is helpful, hopeful, funny and fabulous. It's filled with practical advice about wigs, intimate encounters, the inappropriate queries from strangers, and other issues you face when each day is a bad hair day. Females with alopecia, LeslieAnn Butler is certainly your new companion!

-Margie Boulé, Columnist, The Oregonian  
"... Portland OR "" Keep it to LeslieAnn to bring humor and glamour to a hard topic. She is certainly a full time income testament that having less flowing locks is no reason not to live your most glamorous and joyful lifestyle. Be influenced and uplifted by this impressive female's personal journey. an important read, whether you's

-Nita Lina Howard, Writer of A Female's how-to"



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Reassuring and inspiring! I especially appreciated the resources for more info or products. Name says it all An excellent encouraging book. Not only does it have up-to-date information about the problem, remedies, wigs and concealment strategies, but it is indeed funny. I find Alopecia Areata through the eyes of a mom and as very much as I try, it really is hard for me personally to maintain my daughter's shoes! The book is wonderful! It served because the reassurance that everything will be fine. Dance dance dance! This book was a delight to learn. It lifted my spirits, produced me laugh and gave me some very useful advice on the different types of wigs and make-up ideas. it robs you of part of your identity. Not merely did this book produce me laugh out loud, but it validated most of the feelings I had when first afflicted with this condition. It really is funny, sensible, instructive and enjoyable. I cannot thank you plenty of for that. Leslie Ann is usually a living exemplory case of what she writes: Like your life and it will love you back again. I am not really hair-challenged but I believed her words could apply to many other medical challenges - cope with the cards you are dealt and find out a way never to feel like a victim. A must have for all those affected by Alopecia! Anyone who has AA or loves someone with this problem will benefit from this book! I adored and recommend this book. Occasionally it can be very hard to laugh concerning this condition; I linked to so a lot of things expressed in this reserve. This book does it, beautifully! Love your life If I become bald, I would help to make tracks to the reserve store to get Leslie Ann Butler's reserve on alopecia.. Should you have Alopecia, or love a person who does, purchase her this book!

Outstanding! Your reserve helped me get the perspective from the person who is suffering from it with an excellent love of life and positive attitude.! It explains factors so well yet isn't doom and gloom. Emily especially enjoyed the "Not simply hate it when.. For women especially, this condition can be extremely isolating." section. Never before has she laughed so much about alopecia. Just what a wonderful present you have given my daughter, helping her see a lighter side to alopecia. Any female who is hair-challenged, at all, should read this reserve as the words Leslie Ann writes will inspire and you might actually want to perform out and purchase the perfect hair piece, wig or any additional hair enhancer.



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