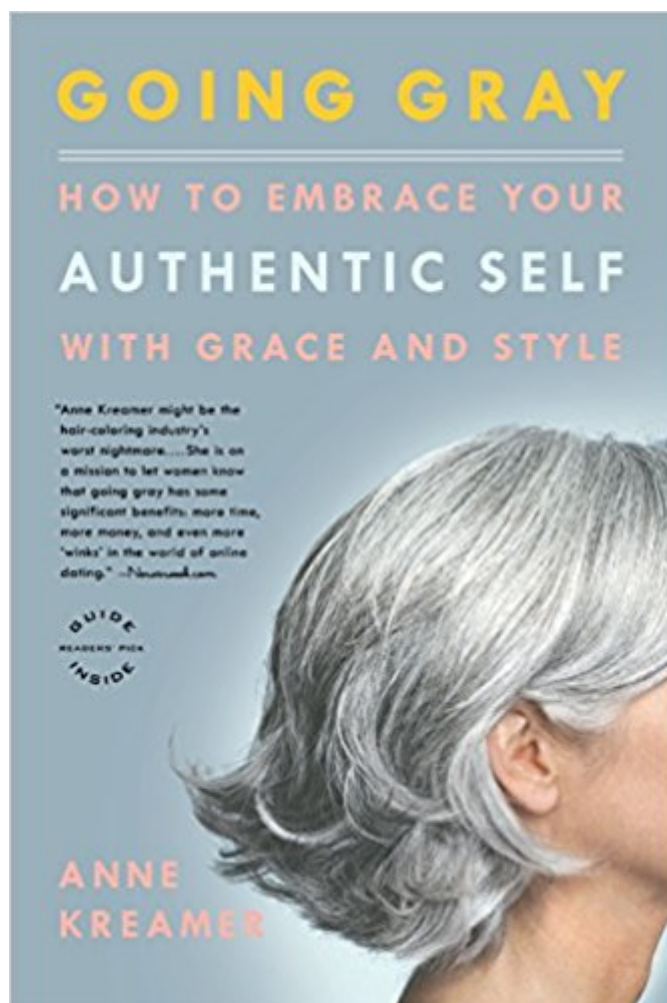


The book was found

Going Gray: How To Embrace Your Authentic Self With Grace And Style



Synopsis

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 a plan: over the next few months she would give up her weekly visits to the salon and let her hair go its natural way. The result is *Going Gray*: an exploration of that experience and a frank, funny, and unflinchingly wise investigation of aging today. Through interviews, experiments, and surprising personal accounts, Kreamer probes the issues behind two of the biggest fears mature women face: Can I be sexually attractive as a gray-haired middle-aged woman? and >? In searching for the balance between attractiveness and authenticity, Kreamer offers an entertaining and valuable look at the politics and personal costs of our definition of "aging gracefully."

Book Information

Paperback: 240 pages

Publisher: Little, Brown and Company; Reprint edition (January 7, 2009)

Language: English

ISBN-10: 0316166626

ISBN-13: 978-0316166621

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 27 customer reviews

Best Sellers Rank: #179,632 in Books (See Top 100 in Books) #16 in Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #381 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #973 in Books > Parenting & Relationships > Marriage & Adult Relationships

Customer Reviews

Anne Kreamer is the former executive vice-president and worldwide creative director of Nickelodeon/Nick at Nite, and a co-founder of SPY magazine. She currently writes a monthly column for Martha Stewart Living and is a former columnist for Fast Company. Kreamer lives in Brooklyn with her husband, novelist and journalist Kurt Andersen, and her two daughters.

this book was one of the first books I purchased when deciding to go gray...THERE is no one book or manual on how to , it is a personal journey, some cut it all off, some wear hats, scarves, headbands some have styling tricks. There's so many different approaches and here's the kick, there is so much more to it than hair! I have a friend who said why would I want to look old? She

had jet black over dyed hair and dressed like a very old hippie. As the author stated in the book, keep the pep in you step and shoulders back...actually she did not say that exactly I made it up ;)

Helped me make the choice to go natural (and not feel like a crazy woman during the process). The book is written with warmth, intelligence, and humor.

I turned 50 and am letting my hair go gray. I LOVE IT! Reading Anne's book shows times have not changed much in the last decade. But gray at a time, we can release the "stigma" that gray is old, frumpy, uncaring. GRAY IS EMPOWERING! Rock on!

Great book and I really liked it but I just am not ready to take the step of going grey all the way. I cut off all my hair and stopped dying it. It was a shock to be so white after having brown dyed hair for so long and it made me feel like I was faded out. This author has really done a good job of writing about her experience and others and made me laugh a lot.

Interesting sociological perspective, but not really a "how to" for those going gray.

Looking for more instructional and styling ideas rather than the 'psychological' story.....whatever.

I loved this book! So much good info & very good from a social standpoint or how we are judged by our hair, clothes, etc. Great, fast read.

This book is a great read. It's entertaining and informative and just a pleasure to read.

[Download to continue reading...](#)

Going Gray: How to Embrace Your Authentic Self with Grace and Style Activities Keep Me Going and Going, Volume A (Activities Keep Me Going & Going) The Gray Whale Inn Kitchen: A Collection of Recipes from the Bestselling Gray Whale Inn Mysteries (The Gray Whale Inn Mysteries) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Self-Compassion Workbook for Teens: Mindfulness and

Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Top 5 Strategies and Tactics for Winning Tennis: Move Away from Confusion, Embrace Your Style, and Win those Matches You Previously Lost The Gray Cook Lecture Compendium: A Collection of Gray Cook Lectures Bullet Gray Journal: Bullet Grid Journal Gray Polka Dots, Large (8 x 10), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Large) (Volume 7) Greyson Gray: Deadfall (The Greyson Gray Series) (Volume 3) Greyson Gray: Triple Dare Pack: Books #1-3 (The Greyson Gray Series) Greyson Gray: Rubicon (The Greyson Gray Series) (Volume 4) Greyson Gray: Camp Legend (The Greyson Gray Series) (Volume 1) The Gray Man (A Gray Man Novel Book 1) Gunmetal Gray (Gray Man) Gray's Clinical Photographic Dissector of the Human Body: with STUDENT CONSULT Online Access, 1e (Gray's Anatomy) Gray's Atlas of Anatomy, 2e (Gray's Anatomy) Gray's Atlas of Anatomy, 1e (Gray's Anatomy) Gray's Clinical Neuroanatomy: The Anatomic Basis for Clinical Neuroscience, 1e (Gray's Anatomy)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)