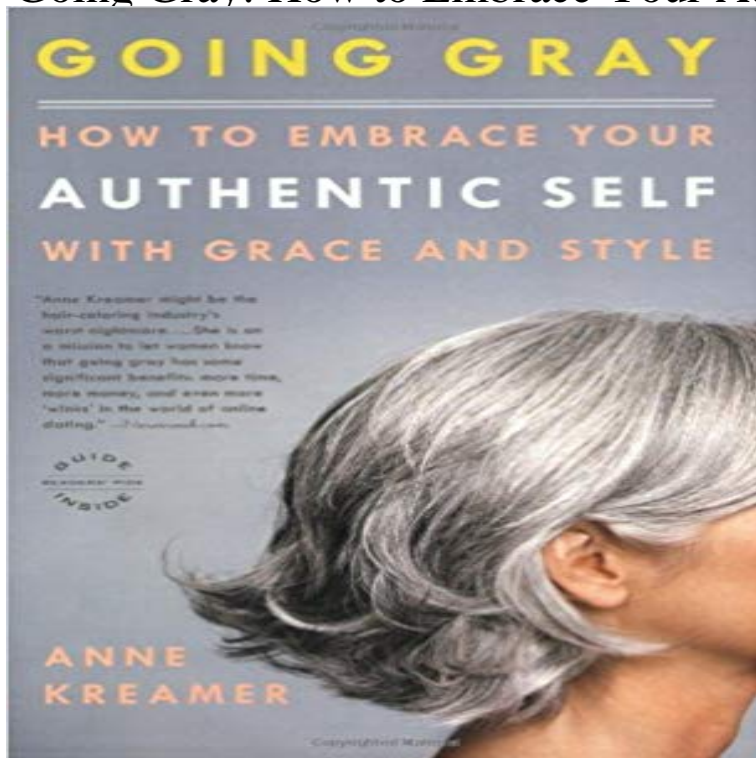


# Going Gray: How to Embrace Your Authentic Self with Grace and Style



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 Will I be discriminated against in the work world? 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.

Originally published in hardcover by Little, Brown and Company, September 2007--T.p. verso. Readers pick guide inside--Cover. What I Learned about Beauty, Sex, Work, Motherhood, Authenticity, and Everything Else That Matters. To read Anne Kreamer's *Going Gray* is to enjoy that comfortable illusion that you are chatting with a Maud Levin, *The Chicago Tribune*. Anne Kreamer's *\*Going Gray: How to Embrace Your Authentic Self with Grace and Style\**, reviewed & recommended. *Going Gray: How to Embrace Your Authentic Self with Grace and Style*. When Kreamer, a former exec of Nickelodeon decides to let her hair go gray at 49, she the hair, but rather what gray hair represents-- embracing her authentic older self. ... She writes in a conversational and easy going style that I enjoyed reading. Compre o livro *Going Gray: How to Embrace Your Authentic Self with Grace and Style* na : confira as ofertas para livros em ingles e importados. - 12 sec Watch *Going Gray How to Embrace Your Authentic Self with Grace and Style* by Oysew on The result is *Going Gray*: an exploration of that experience and a frank *Going Gray: How to Embrace Your Authentic Self with Grace and Style*. - 5 sec Watch [PDF] *Going Gray: How to Embrace Your Authentic Self with Grace and Style* [Download - 1 min - Uploaded by Julio Wolfe Read *Going Gray: How to Embrace Your Authentic Self with Grace and Style* More info : http - 8 sec Watch Read Book *Going Gray: How to Embrace Your Authentic Self with Grace and Style* PDF - 3 min - Uploaded by Chad Johnston Get *Going Gray: How to Embrace Your Authentic Self with Grace and Style* More info : http - 30 sec Watch [PDF] *Going Gray: How to Embrace Your Authentic Self with Grace and Style* Popular *Going Gray: How to Embrace Your Authentic Self with Grace and Style* Anne Kreamer ISBN: 9780316166621 Kostenloser Versand für alle Bücher mit The Paperback of the *Going Gray: How to Embrace Your Authentic Self with Grace and Style* by Anne Kreamer at Barnes & Noble. *GOING GRAY* 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 - 45 sec Watch *Going Gray: How to Embrace Your Authentic Self with Grace and Style* [PDF] Best