

GOING GRAY

HOW TO EMBRACE YOUR AUTHENTIC SELF WITH GRACE AND STYLE

"Anne Kreamer might be the hair-coloring industry's worst nightmare.... She is on a mission to let women know that going gray has some significant benefits: more time, more money, and even more 'winks' in the world of online dating." —*Newsweek.com*

GUIDE
READERS' PICK
INSIDE

ANNE
KREAMER



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

Carl Honoré



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

Going Gray Anne Kreamer, 2009-01-07 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.

Hair Tells a Story Margo Maine, 2023-01-06 The body is the canvas upon which women paint their secrets, their hopes and dreams, pain and disappointments. Hair has long played a role in the struggles for power, self-determination and autonomy, serving as a nonverbal language that represents women's lives. However, pain, anxiety, racism, sexism and rigid beauty standards can too often underlie these stories. Modern events like the Black Lives Matter movement and the COVID-19 pandemic have exposed societal barriers that prevent the free and equitable expression of hair. Although countless books and articles address body image, the personal psychology and the meaning of hair have been missing. This work empowers women to understand complex hair-head-heart connections and pressures. Above all, the text emphasizes that hair is never just hair.

What Would Virginia Woolf Do? Nina Lorez Collins, 2018-04-10 When Nina Collins entered her forties, she found herself awash in a sea of hormones. As symptoms of perimenopause set in, she began to fear losing her health, looks, sexuality, sense of humor, perhaps all at once. Craving a place to discuss her questions and concerns and finding none, Nina started a Facebook group with the ironic name *What Would Virginia Woolf Do*, which has grown exponentially into a place where women, most with strong opinions and fierce senses of humor, have surprisingly candid, lively and intimate conversations. Mid-life is a time when women want to think about purpose, about how to be their best selves and how to love themselves as they enter the second half of life. They yearn to acknowledge the nostalgia and sadness that comes with aging but also want to revel in their hard-earned wisdom. Part memoir and part resource on everything from fashion and skincare to sex and surviving the empty nest, *What Would Virginia Woolf Do* is a frank and intimate conversation mixed with anecdotes and honesty, wrapped up in a literary joke. It's also a destination, a place where readers can nestle in and see what happens when women feel comfortable enough to get real with each other, defy the shame that the culture often throws their way, find solace and laugh out loud and revel in this new phase of life.

True Roots Ronnie Citron-Fink, 2019-06-04 Like 75% of American women, Ronnie Citron-Fink dyed her hair, visiting the salon every few weeks to hide gray roots in her signature dark brown mane. She wanted to look attractive, professional, young. Yet as a journalist covering health and the environment, she knew something wasn't right. All those unpronounceable chemical names

on the back of the hair dye box were far from natural. Were her recurring headaches and allergies telltale signs that the dye offered the illusion of health all the while undermining it? So after twenty five years of coloring, Ronnie took a leap and decided to ditch the dye. Suddenly everyone from friends and family to rank strangers seemed to have questions about her hair. How do you do it? Are you doing that on purpose? Are you OK? Armed with a mantra that explained her reasons for going gray, the upkeep, the cost, the chemicals, Ronnie started to ask her own questions. What are the risks of coloring? Why are hair dye companies allowed to use chemicals that may be harmful? Are there safer alternatives? Maybe most importantly, why do women feel compelled to color? Will I still feel like me when I have gray hair? True Roots follows Ronnie's journey from dark dyes to a silver crown of glory from fear of aging to embracing natural beauty. Along the way, readers will learn how to protect themselves, whether by transitioning to their natural color or switching to safer products. Like Ronnie, women of all ages can discover their own hair story, one built on individuality, health, and truth. *The Change* Germaine Greer, 2018-08-14

An updated edition of Germaine Greer's revolutionary discussion of menopause, which the New York Times Book Review called a brilliant, gutsy, exhilarating, bruising, exasperating, fury of a book. A quarter of a century after the first publication of Germaine Greer's now canonical look at women's experience later in life, the renowned feminist and prolific author updates and expands her essential book *The Change*. Despite improvements over the last few years, discussions about menopause are still hampered by a huge variance in conventional wisdom about what happens when it happens, when it can be said to be over, and how to deal with it. After decades, the same misinformation and ineffective methods are still being widely touted and proliferating at an alarming rate due to the rise of the Internet. In this updated edition of her groundbreaking book, Greer debunks stubborn myths and presents a vital new perspective on the emotional and physical changes, including up-to-date medical details, women face today when they go through what's known as the change. Greer also addresses cultural changes that surround female aging today, launching a clear and necessary protest against the notion that women should shrink into the background as they grow older. She argues that menopause marks the point in a woman's life when she should be able to stop apologizing and bask in the freedom and joy that come with her later years. Witty, wise, and timely, this new edition of *The Change* offers a crucial twenty-first century guide to the change that every woman faces. **The Masses are the Ruling Classes** William M. Epstein, 2017 *The Masses are the Ruling Classes* argues that popular sentiments rule social decision making and that elites are essentially obedient to democratic preferences and not the other way around. The US is deeply committed to a series of values: extreme individualism, emotional sources of truth, and a sense of chosenness that stunt its social development. These ideas are developed in the context of iconic social welfare programs. **Radiant Rebellion** Karen Walrond, 2023-10-17 2024 Nautilus Book Awards Silver Winner in Aging Consciously Category Audiofile Earphones Award Winner from Tantor. What if aging is something to aspire to, not to dread? What if together we could forge a radiant rebellion against the idea of aging as a season of decline? Join Karen Walrond, author of *The Lightmaker's Manifesto* in this intriguing

investigation into how we can reclaim aging cultivate joy and resist ageism During her own year of transition a milestone birthday a wedding anniversary the emptying of the nest Walrond in the buoyant and luminous style her readers have come to love does a deep dive into dimensions of getting older including health beauty spirituality connection adventure and meaning and purpose Through conversations with social workers and neurologists activists and clergy Walrond satisfies her curiosity and ours about why the dominant culture treats aging as a time of dwindling capacity She also embarks on a series of experiments that help her rebel against convention letting her hair go naturally gray going on a silent retreat revamping her health practices and plotting her next adventure Internalized ageism bias against our future selves is not our only option we can write a different story of aging than the one we've been handed With wisdom from luminaries who light our way Walrond helps us radiantly rebel against the fads and assumptions that hold us back redefine the adventure of getting older and create a shining future of expanded potential We might even raise a little hell while we're at it A resources section offers journal prompts and strategies for creating a handbook for your own radiant rebellion

Destination Fabulous Anna Murphy, 2023-03-02 Full of uplifting advice practical wisdom and kind intelligence I certainly felt more fabulous after reading it Elizabeth Day An encouraging and exhilarating celebration of ageing Full of life wisdom for mind body and spirit Victoria Hislop Brilliant absolutely brilliant Lorraine Kelly A witty warm wise and illuminating guide to how to be your best self inside and out Deliciously upbeat and brimful of positivity it's a perfect roadmap for the years ahead I loved it Mariella Frostrup Finally a book that challenges our tedious fixation with youth and turns the old rules about ageing upside down and inside out With practical advice and spiritual insights Destination Fabulous offers the kind of life affirming guidance for womanhood I only wish I had known when I was 20 Chioma Nnadi *vogue.com* Anna Murphy joyfully reframes the gift of growing up and older Kenya Hunt A joyous celebration of the pleasures of growing older and an empowering manifesto for changing our attitudes to age Justine Picardie Perhaps the most important thing I have learned when it comes to appearance is that looking your best self is more than anything about what is going on inside The more fully realised you are the more you find your purpose the more that will shine out of you and the better you will look Anna Murphy From the Fashion Director of *The Times* comes a wise inspiring and invigorating guide to making the most of life as a grown up woman from the practical how to dress your best to the existential how to feel your best At 50 Anna Murphy feels more visible than at any point in her life to date Her new book Destination Fabulous is the toolkit you need to embrace your age and celebrate the wisdom and inner beauty that comes with it It's not about impossible goals It's not about running a marathon unless you want it to be It's not about denying the ageing process nor attempting to erase its signs It's not about letting everything go either It's about balance It's about the possible and the present And it's about the future you want How do you lift and smooth your face naturally Should you go grey and if so how How do you deal with menopause Anna combines her knowledge from years of writing about fashion and beauty with her openness to the alternative ways of thinking found in disciplines such as yoga and

Chinese medicine For her natural is always best As for fashion Anna knows better than anyone that this can be the ultimate route into surfacing the true you She shares all her tricks for finding your way to a wardrobe that will transform not just the way you look but the way you feel And she shares the highlights of her conversations over the years with super stylish agers such as Iris Apfel and Miuccia Prada How have they got it right Drawing on the wisdom of writers as diverse as Pema Chodron and Eckhart Tolle Dorothy Rowe and Osho Nora Ephron and Mary Oliver she writes about saying goodbye to what doesn't serve you and welcoming what does about forging relationships that work for you as well as others and about finding your purpose whether in your personal or professional life Discover how the bumps on her road have helped her find her way to her true path Her hope is that this book will help you to find yours too *Bolder* Carl Honore, 2020-12-29 A radical re think of our approach to everything from education healthcare and work to design relationships and politics An essential and inspiring read for everyone interested in our collective future A revolution in how we age is here Yes ageing is inevitable one year from now we will all be a year older that will never change What can and will change is how we age and how we can all take a much bolder approach to doing it with vigour and joy The time has come to cast off prejudices and to blur the lines of what is possible and permissible at every stage of life In other words we need to learn to re imagine our approach to later life Emboldening ourselves in older age demands big structural changes For a start we will have to tear up the old script that locks us into devoting the early part of our life to education the middle chunk to working and raising kids and whatever is left over at the end to leisure In an age inappropriate world these silos will dissolve We'll embrace the idea that we can carry on learning from start to finish that we can work less and devote more time to family leisure and giving back to our communities in our middle years and that we can remain active and engaged in our later years Carl Honoré has travelled the globe speaking to influential figures who are bucking preconceived notions of age whether at work or in their personal lives He looks at the cultural medical and technological developments that are opening new possibilities for us all [Five Gifts of Pro-Aging](#) Marcia Newman, 2014-05-16 In her timely guidebook Boomer therapist Marcia Newman brings a fresh response to an anti aging American culture that targets women to find their value in remaining youthful looking Five Gifts of Pro Aging was born out of Marcia's own aging crisis and her three decades of working with women who increasingly find themselves obsessed with the insatiable practice of nip tuck highlight laser and fill Through humor and her no nonsense style Marcia provides valuable tips motivational questions and personal stories to help you age more consciously and comfortably Five Gifts of Pro Aging will help you to Take stock of your own age phobia Uncover and recover from prolific social stigmas about growing older Learn about feminine carry over behaviors and how to transform them Clear up unfinished business and bring honor to your maturity Feed your seasoned inner animal with the gift of wildness Join with other pro aging women who are bringing the humane back into humanity Marcia Newman is dedicated to helping Baby Boomers pioneer healthier aging attitudes and actions In Marcia's own words We are the perfect ones to revolutionize the aging freedom movement It is my joy

and privilege to bring this labor of love into the mix My vision holds a brighter more mature culture where women are able to receive full human dignity no matter ones chronological age **Bolder** Carl Honoré,2019-03-05 Carl Honor captured the zeitgeist with his international bestseller *In Praise of Slow* Now he tackles another rising global movement our revolutionary new approach to a human inevitability ageing A revolution in how we age is on its way Yes ageing is inevitable one year from now we will all be a year older that will never change What can and will change is how we age and how we can all take a much bolder approach to doing it with vigour and joy The time has come to cast off prejudices and to blur the lines of what is possible and permissible at every stage of life In other words we need to learn to re imagine our approach to later life Emboldening ourselves in older age demands big structural changes For a start we will have to tear up the old script that locks us into devoting the early part of our life to education the middle chunk to working and raising kids and whatever is left over at the end to leisure In an age inappropriate world these silos will dissolve We ll embrace the idea that we can carry on learning from start to finish that we can work less and devote more time to family leisure and giving back to our communities in our middle years and that we can remain active and engaged in our later years Carl Honor has travelled the globe speaking to influential figures who are bucking preconceived notions of age whether at work or in their personal lives He looks at the cultural medical and technological developments that are opening new possibilities for us all **Bolder** is a radical re think of our approach to everything from education healthcare and work to design relationships and politics An essential and inspiring read for everyone interested in our collective future **Elogio de la experiencia** Carl Honoré,2019-06-13 El culto a la juventud es una de las obsesiones m s recurrentes de nuestra sociedad La lucha contra el envejecimiento se traduce en una industria que mueve cada a o millones de euros Se da la paradoja de que hoy en d a cuando alcanzamos cotas de longevidad antes impensables y con una alta calidad de vida hacerse mayor anta o sin nimo de respetabilidad y experiencia ha adquirido valores peyorativos Carl Honor analista social y cazador de tendencias excepcional que se dio a conocer por todo el mundo como abanderado de la revoluci n slow sale ahora en defensa del envejecimiento sin estereotipos ni complejos Por medio de testimonios muy significativos este libro ensalza el valor de la experiencia dignifica el cumplir a os y nos ense a a disfrutar de las nuevas etapas de la vida de una forma m s saludable ￼￼￼￼ ￼￼•￼￼￼,2019-06-01 Carl Honor *In Praise of Slow* 2004 50 Fiona Miller The Guardian Twitter Herald Scotland Stephen Moss The Guardian Daily Mail Reader s Digest The Herald The Sydney Morning Herald Australian Financial Review London Times **Radical Self-Love** Gala Darling,2016-02-09 Have you ever dreamed of a life full of laughter love and sequins but felt totally clueless about how to make it happen You re not alone Best selling author and speaker Gala Darling spent years in soul sucking jobs battling depression an eating disorder and a preference for chaos and disaster simply because she didn t know how to create the life she dreamed about In *Radical Self Love* you ll discover exactly what makes you so magnificent and you ll gain a litany of tools and techniques to help you manifest a life bursting with magic miracles bliss and adventure Featuring fun homework

exercises and cool illustrations this book will take you from learning to fall madly in love with yourself to loving others to making your world a more magical place through style self expression and manifestation When you love yourself life is limitless You can do anything you want It s time to throw off the shackles of expectation and judgment and start living from your heart It s time to astound yourself with how beautiful your life can be It s time to treat every single day like a celebration I believe that radical self love can go hand in hand with a ruby red lip that learning how to love yourself can be a party streamers disco balls helium balloons and all xo Gala Radical Self Love should be on every woman s bookshelf Gabrielle Bernstein **Spiritual Rhythms for the Enneagram** Adele Ahlberg Calhoun,Doug Calhoun,Clare Loughrige,Scott Loughrige,2019-03-12 The Enneagram opens a remarkable window into the truth about us but simply diagnosing our number doesn t do justice to who we are Transformation happens as we grow in awareness and learn how to apply Enneagram insights to the rhythms of our daily lives Filled with exercises to engage challenge encourage and sustain this handbook will help us grow in greater awareness and lead us to spiritual and relational transformation Graham's American Monthly Magazine of Literature, Art, and Fashion ,1854 *The Works...* Francis Bacon,1753 **The Young Ladies' Journal** ,1867
 Outing and the Wheelman ,1885 *Outing; Sport, Adventure, Travel, Fiction* ,1885

Going Gray How To Embrace Your Authentic Self With Grace And Style: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have captivated audiences this year. Going Gray How To Embrace Your Authentic Self With Grace And Style : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Going Gray How To Embrace Your Authentic Self With Grace And Style : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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