

AMAZING GRAYS
A Woman's Guide to Making the Next 50
the BEST 50 (*Regardless of your hair color!*)
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Maggie Rose Crane has written an informative and engaging book for boomers who are unwilling to become feeble old women with boobs in their laps, dreams on the shelf, and "Memory Lane" their only destination. This book is for maturing women who are staking their claim as part of a dynamic and growing movement of 'Amazing Grays', women who want to challenge stereotypes about aging and create a fresh start for the second half of life – but aren't quite sure how to pull it off.

When an epiphany in the hair salon convinced Maggie to try life without hair dye, she found herself face to face with the fears and questions that unsettle many maturing women living in a culture obsessed with youth and manufactured beauty...

Who am I now that I'm no longer young and fertile? Will I still be desirable as I age? Will I be invisible? Is this the beginning of the end? Is it too late to make a difference? And how on earth do I stop coloring my hair?

Balanced somewhere between a memoir and a how-to, Maggie uses her personal journey as a springboard to shatter stereotypes about aging. She shares her most poignant insights and experiences on what it means to be a woman "of a certain age," and offers suggestions on how to mindfully chart a graceful course through the physical changes, emotional challenges and mental gauntlet of aging. With honesty, humor and plenty of research, Maggie lights the way for women who want to live with vibrancy and joy.

In this provocative and touching book, Maggie explores, with humor and compassion, the many aspects of growing older – from changing social and family roles to changes in body and appearance, even changes in perspective and purpose. She shares how redirecting her focus from her packaging to her *essence* gave her the perspective to age mindfully and joyfully (after, of course, a bit of kicking and screaming).

What began as a revelation in a hair salon ends with a deepening awareness and appreciation for the ongoing circle of life. The *Gallery of Silver Sages (with an expanded version at maggiocrane.com)* broadens the conversation even further, sharing stories and photos from other women who've decided to stop coloring their hair. For those wondering *how* to go from colored to natural, this book offers several options.

This is not an anti-aging book, nor is it a book *just* about hair color. It's about maturing women relishing their roles as Amazing Grays (and no, you don't *have* to have gray hair), challenging outdated expectations and living joyously, consciously and authentically. It's about accepting and celebrating what we have been given, and not wasting our time and energy trying to hang on to the past.

Maggie encourages readers – through a series of simple questions – to explore their own limiting beliefs and perspectives around aging. She then invites women to re-create a life that's in alignment with their deepest values and intentions - one that reflects the powerful woman they've become. The reader may be both surprised and enriched by what she uncovers and discovers about herself, others, and the rest of her life.