

## Maggie Rose Crane Bio

238 words

---

Maggie Crane was born on the leading edge of the Baby Boom generation, and has had the quintessential boomer experience: she worked her way through college, married, had a child, divorced, thrived in a few careers, survived as a single mom, remarried and struggled with blended family issues.

After traveling the country for nearly a decade delivering leadership and life skills workshops for women, the demands of her travel schedule and the onset of menopause collided with the big 5-0. She was moved to press the *pause* button on her life and reassess her priorities.

She watched in astonishment as her skin began to lose its elasticity, and was mildly horrified when her tummy morphed into a permanent flotation device. Smile lines etched in deeper and she found it necessary to color her hair more often. When she made the decision to stop dyeing her hair, she came face-to-face with her fears about aging in a youth oriented culture. And so began her not-so-graceful quest to age mindfully.

Gradually, Maggie learned that her frustrations, fears and anxieties about aging grew quiet when she faced them directly. She learned to refocus her energies on the people, things and activities that brought a smile to her face and a song to her heart. By letting go of old identities and rediscovering new passions, she has gradually (but not always gracefully) hitched her rope to a growing movement of Amazing Grays.