



Amazing Grays: A Woman's Guide to Making the Next 50 the Best 50 *Regardless of your hair color!

Maggie Rose Crane

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Balanced somewhere between a memoir and a how-to, AMAZING GRAYS is a uniquely refreshing and candid look at midlife for those unwilling to become feeble old women with boobs in their laps, dreams on the shelf, and Memory Lane their only destination.

As a leading edge boomer, Maggie uses her own journey through midlife to shatter stereotypes about aging. At the core of her message, she exposes the fears and anxieties that often haunt maturing women and reveals how to mindfully navigate the turbulence with wisdom, perspective and practice. She encourages women to relish their roles as Amazing Grays and not waste time and energy trying to hang on to the past.

For women who are entertaining the *possibility* of life without hair dye, Maggie shares her story of going gray. She outlines several strategies to take you from colored to natural and includes photos and stories of women who have taken the plunge.

Hers is not an anti-aging message. This book is a little about going gray and a *lot* about aging mindfully and joyously (with a healthy dose of kicking and screaming) from an everyday woman's perspective.

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