



Amazing Grays:

A Women's Guide to Making the Next 50 the Best 50

Speaker and writer Maggie Crane had an epiphany one morning about aging, and over something as innocuous as hair coloring! The realization spawned her book, *Amazing Grays* (fabulous title! Wish I'd come up with that one...), for which I crafted the subtitle.

The book invited and encouraged women to embrace the aging process, and not buy into the cultural stereotypes about “women of a certain age” that keep them in a constant state of anxiety.

Maggie asked me to also write her back cover copy, which needed to speak to the hopes and fears of 50+ women, and do it with energy, enthusiasm and a bit of humor. Along the way, it had to offer up the benefits the reader would reap, and all the ways in which their lives could change for the better. Here's the result...

Not ready to be a feeble old woman with boobs in your lap, dreams on the shelf, and "Memory Lane" your only destination?

GREAT! You're part of the growing "Amazing Grays" movement that's proving: *Maturing women CAN be vibrant, healthy, wise, engaged with life, sexually active, spiritually connected, physically fit and alive well past 100!*

In this provocative, touching, and informative book, Maggie Crane shares how the decision to live without hair dye brought her face to face with a deep well of underlying fears and questions about being a "mature" woman in a culture obsessed with youth and beauty.

Will I be invisible as I age? Will I still be desirable? Appreciated? Loved? Who am I now that I'm no longer young and fertile? Is my life over? How can I maintain my vitality? How do I stop coloring my hair?

With time and introspection (and a healthy dose of kicking and screaming), Maggie came to reject the idea that there's "something wrong" with growing older and gained a deeper understanding and appreciation for the circle of life. Building on her experience, you'll learn how to:

- Step out of old identities and create a fresh start
- Dispel your fears about growing older
- Shift your focus from your packaging to your essence
- Reinvigorate your dormant dreams and passions
- Redefine aging as a process of growing authenticity and joy
- Navigate the sea of information about health, hormones, and hair dye
- Combine great sex *and* menopause
- Feel truly "beauty-full"—from the inside out
- Live longer and feel better through mindful living
- Embrace your inner "Silver Sage" (see gallery inside book)
- Transition from dyed to natural hair (if that calls to you)

Through practical questions and guidance, you'll learn to embrace the amazing woman you've become and create a life that reflects who you are *now*.

About Maggie Crane



Before (dyed)

After

After many years traveling the country conducting workshops for women, Maggie Crane's busy schedule collided with menopause and the Big 5-0. By pressing the "Pause" button on her life and reassessing her priorities, she gradually gave birth to the wise-woman within. Now, through writing and speaking, she shares the struggles, successes and insights that have allowed her to create a fresh start for the second half of her life. Maggie has been married for 22 years and has a blended family of two sons, one daughter and two very fun granddaughters.

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