



How to Go Gray Gracefully and Look Fantastic

Deborah Bauer

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I'm a Baby Boomer who colored my hair for decades and finally decided it was time to ditch the dye. One great motivator was reading the package labels and discovering the toxins and unnatural substances that I had been slathering on my head for years - Yuck! I was ready for a change.

At the same time, I wanted the transition from dyed dark auburn to my natural gray to be as smooth as possible. I had no idea of how to do this. I didn't know what MY exact gray/silver color was going to be, but I was determined to stop coloring my hair.

It also helped to do a search on Google for images of graying ladies. Wow, was that an eye-opener! There are some gorgeous women with gray hair out there. In seeing them, I became more determined to join my silver haired sisters and step up to my own authenticity.

If you're thinking about ditching the dye and going gray, then this guide will help introduce you to several practical options on the HOW to go gray as gracefully as possible. I discovered an unexpected emotional component as I examined my reasons for coloring my hair in the first place and the process of "coming out" into my own maturity. Thank you for stopping by. You're not alone.

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From reader reviews:

Samuel Salamanca:

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their friends. Usually they performing activity like watching television, gonna beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book might be option to fill your free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled How to Go Gray Gracefully and Look Fantastic can be very good book to read. May be it may be best activity to you.

Jason Manuel:

The book untitled How to Go Gray Gracefully and Look Fantastic contain a lot of information on the item. The writer explains the woman idea with easy approach. The language is very clear to see all the people, so do not worry, you can easy to read it. The book was authored by famous author. The author brings you in the new era of literary works. It is easy to read this book because you can keep reading your smart phone, or product, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and order it. Have a nice learn.

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In this age globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. Typically the book that recommended for you is How to Go Gray Gracefully and Look Fantastic this e-book consist a lot of the information in the condition of this world now. This particular book was represented how do the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. Typically the writer made some exploration when he makes this book. Honestly, that is why this book ideal all of you.

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