

AMAZING GRAYS
A Woman's Guide to Making the Next 50
the BEST 50 (*Regardless of your hair color!*)
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When an epiphany in the hair salon convinced Maggie Crane 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.

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 the next 50 years with vibrancy and joy.

She shares how redirecting her focus from her packaging to her essence gave her the perspective to age mindfully and joyfully (accompanied, she admits, by a bit of kicking and screaming).

Hers is not an anti-aging message. It's about accepting and celebrating the choice to become an *Amazing Gray* (*regardless of your hair color*), appreciating what we have been given, and not wasting time and energy trying to hang on to the past. It's about embracing a fresh start as a maturing woman who is vibrant, healthy, wise, engaged with life, sexually active, spiritually connected, physically fit and alive well past 100!