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# Going Gray Beauty Guide: 50 Gray8 Going Gray Stories



## Synopsis

GOING GRAY BEAUTY GUIDE 50 GRAY8 GOING GRAY STORIES Thinking about going gray? Already have gray hair? Looking for a few gray8 tips? Well, you have come to the right place! Going Gray Beauty Guide is designed for women who: • WANT TO GO GRAY • ARE GOING GRAY • OR... HAVE ALREADY GONE GRAY Here you will find 50 gray8 going gray stories, along with gray8 beauty tips and techniques on hair, skin, makeup, wardrobe, and more. Includes 214 color pics and 2 B/W. TOT 216 pictures. Having gray hair is gray8, and is the NOW color in hair! Having gray hair has nothing to do with age or looking old, and we are determined to change your old way of thinking! In the past, gray hair was often associated with the image of a little old gray haired lady. • But today vibrant women everywhere are changing the way we look at gray hair. So hold on to your seats, because the "New Age of Gray" is happening now! WANT MORE GOING GRAY STORIES? Check-out Going Gray Beauty Guide, 40 Gray8 Going Gray Stories (coming soon), with gray8 tips included with each story. WHAT'S THE BEST WAY 2 GO GRAY? JAYNE: • I started coloring my hair at the age fifteen, and continued coloring for the next 33 years! I wasn't brave enough to go cold turkey, so I added more and more blonde highlights, until my dark brown hair turned blonde; then I let it grow out. • LAUREL: • My complete transition took eight months. I began growing out a layered bob and kept trimming. Then, at seven months I cut it into a short-shag. This got rid of all the dye except a fringe on my bangs. At eight months, I snipped off that fringe myself! • ANNETTE: • Cold turkey with pigtails. • DEB: • I quit cold turkey. I kept it short and powered through the many colors that worked their way out. Seriously thought about a buzz cut at one point, but didn't do it. It took me about six months to transition. • CHRIS: • I started coloring my hair in my 20s, and continued until I was 60. No matter what color I used, within two weeks it would turn brassy from the Florida sun. I decided two years ago to stop coloring. I chopped off all my hair (as short as I could), without having to do a buzz cut, and just went from there. I just did it and held my head up high! • LINDA: • It took me about two years to transition. I had my hair cut to chin-length with layers and highlights. Once the layers grew out, I let it grow long. I love having healthy hair, and now I don't have to worry about the roots showing or putting chemicals on my head anymore. • ALISON: "I wanted to find out what color lurked beneath 27 years of black hair dye. I took the cold turkey route with regular trims, as I liked the idea of the dark and light contrast. After one year, I cut off most of the dye by adding layers. I have enjoyed every stage of my transition, and love my unique blend of salt and pepper." LISA: "My mom found my first gray hair at nine, and by seventeen I had a gray streak right smack in front. I began dyeing my hair, and at 47 decided I was done! I went cold turkey. I decided to cut my long dark hair to a short bob,

and got a perm. For me, it helped with the demarcation line. After I got about two inches of growth I got my first of three pixie cuts to remove the dye. The process took about nine months. After that, I started the grow-out process and my hair is now below my shoulders." DAWN: "After 20 years of coloring I developed a severe allergy to hair dye. I had been dyeing my hair black, so the contrast between the new silver hair and the dyed hair was very dramatic. I couldn't take the contrast, so I shaved my head (buzz cut). It was a very quick transition, and in no time I was sporting a pixie. I love my silver color and have never looked back." • GET READY - GET SET - GO GRAYLICIOUS

## Book Information

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## Customer Reviews

I'm young (42) and due to hair dye allergies am trying to just let the silver/gray come in...which is really tough in today's society! THIS book is the BEST book I have read yet on the subject. It is filled with testimonies (and great pictures) that explain their whole transition from start to finish plus the products they like to use. It has both older women and younger women that have transitioned which I really appreciated! It also has sections on hair care/hair products/skin care/makeup/clothes etc for when you "go gray". Right now I have basically what looks like silver tinsel in my dark hair. This book is so positive and uplifting and shows you that gray can be GREAT and not to feel inferior to those who dye..... I'm not sure why people feel the need to make comments such as "that will make you look old" "why would you want to do that"- how RUDE! but it happens! This book "has my back" as far as comments you can say back to those people but also to know you aren't alone in hearing it and can keep going through with it- the end result will be worth it! gray hair doesn't have to make you look old/washed out/drab- change your hairstyle, makeup or clothing a little and add a

confident attitude and you'll look great- get this book!!!! invaluable for the process!!!

This is a fabulous book. Whether you are considering "ditching the dye" or have already done so, this book is a must. Practical information on how to care for gray hair and how to handle the dreaded transition. I loved the stories of each woman's journey that are profiled in the book. I read the book in a weekend. I truly did not want it to end. It was like meeting new friends and sharing stories. After reading this book I was thinking back on how long it has been since I have colored my hair. As we age, we typically tend to be very aware of taking good care of our bodies from the inside out. Much of us become more aware of caring for the world around us. While was on this journey in my life to eat cleaner foods, care for my home in a less chemical environment, why was I making my hair and body a toxic waste dump with coloring chemicals. Not to mention the cost, time and waste/trash generated coloring every 3 weeks. Removing the dying process from my self care routine just made so much more sense to me. No more wavering about what it would look like, etc., it is just better for me and planet in the long run. I bought the digital copy. Loved it so much I will be ordering the paper copy.

This is the book for you if you are thinking of giving up the dye bottle. It is also beneficial for those of you that have gone natural and want to know what other women use for their hair products.

A fabulous book for anyone contemplating the idea of abandoning the tyranny of hair dye and embracing their natural hair color. Jan Rogers provides the inspiring stories and beautiful pictures of 50 women who have made the transition to their own beautiful style. In addition, she shares her priceless expertise on hair care products, makeup, etc. The book is fun, informative and the women pictured in its pages are so beautiful, they'll make you jealous! This book will be your faithful companion on your journey to discover your own natural beauty.

This is a valuable resource for anyone thinking of taking the plunge to "unwrap" their white or silver locks. The author has compiled the ultimate guidebook to making a smooth transition from dyed hair to natural. Loaded with tips and suggestions to ease the process and helpful beauty tips for those already sporting natural silver manes, I think it's the most comprehensive book of its kind currently available. My only regret is that wasn't written two years ago when I started my journey!

Amazing book for women all ages, all walks of life, all sharing a common bond of living, loving, and

sharing the joy of being Gray8! Author shares the journey of 50 women Going Gray and each brings a unique story of their journey along with beautiful color photographs of these women. Tips on makeup, clothing, skin care and of course, hair care. I highly recommend this book. I was concerned about purchasing an eBook for my Kindle Fire, but the photographs/graphics were amazing. Make sure you use an up to date Kindle so you will get to see the pictures in full color.

Yes, I was cynical after reading all the great reviews. Can a book about gray hair be THAT good?! Well, yes it is! I am in transition from dyed hair to my natural salt & pepper color. Whether you're thinking about ditching the dye, have already done so, or are in transition, this is a tremendous guide with a wealth of information. I would highly recommend that you NOT buy this book in an E-format. Spend the extra money and buy the actual book; it has beautiful photographs in color that you don't want to miss.

It is jam-packed with useful tips and information on transitioning to grey! If you are already grey or thinking about going grey, this is the book for you. It is jam-packed with useful tips and information on transitioning to grey, hair care, skin, makeup and fashion, as well as 50 stories by confident grey-haired women who share the beauty of grey. The photos will inspire you! I highly recommend this book.

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