



Me, My Hair, and I: Twenty-seven Women Untangle an Obsession

By Elizabeth Benedict

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Ask a woman about her hair, and she just might tell you the story of her life. Ask a whole bunch of women about their hair, and you could get a history of the world. Surprising, insightful, frequently funny, and always forthright, the essays in *Me, My Hair, and I* are reflections and revelations about every aspect of women's lives from family, race, religion, and motherhood to culture, health, politics, and sexuality.

They take place in African American kitchens, at Hindu Bengali weddings, and inside Hasidic Jewish homes. The conversation is intimate and global at once. Layered into these reminiscences are tributes to influences throughout history: Jackie Kennedy, Lena Horne, Farrah Fawcett, the Grateful Dead, and Botticelli's Venus.

The long and the short of it is that our hair is our glory—and our nemesis, our history, our self-esteem, our joy, our mortality. Every woman knows that many things in life matter more than hair, but few bring as much pleasure as a really great hairdo.

"A terrific read for those of us who obsess about our hair. Or those who live with those of us who do. A collection that's, I dare say, a cut above the rest."
—Mary Morris, author of *The Jazz Palace*

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Bibliography

- Sales Rank: #202022 in Books
- Brand: imusti
- Published on: 2015-09-29
- Original language: English
- Number of items: 1
- Dimensions: 8.23" h x .65" w x 5.68" l, .0 pounds
- Binding: Paperback
- 336 pages



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Editorial Review

Review

“Truth and wisdom do such a delightful dance throughout "Me, My Hair, And I" that you finish the essay collection wondering why we don't spend more time, not less, obsessing over our tresses. . . A deliciously enlightening read, equal parts fun and poignant.” —*Chicago Tribune*

“This anthology of essays by women explores a surprising range of issues, including identity, relationships, vanity, femininity, aging, and society.” —*NYTimes.com*

“Here, in a series of astonishingly good essays, writers wax eloquent about the emotions wrought by our locks: ‘good hair’ and ‘bad hair’ in African-American culture; envy of our follicly gifted siblings; the quest for delusional hairstyles; and much more.” —*People*

“Women show their roots in ‘Me, My Hair, and I.’” —*Vanity Fair*

“[T]hese twenty-seven essays are beautifully revelatory and deeply personal accounts of each woman's hair” —*Bustle*

“The long and the short of it is that one of the most intimate—and fraught—relationships women have is with their hair . . . it's that relationship that's explored in Me, My Hair, and I, a collection of essays from a diverse range of authors . . . These essays are by turns funny and poignant. They will spark a sense of recognition in any woman who has ever suffered a bad hair day.” —*BUST Magazine*

“Benedict has a knack for zeroing in on subjects with far-reaching, often surprising implications and resonance. In her third invitational collection, she has definitely tapped a nerve . . . Women spend enormous amounts of money and time on their hair, agonizing over every decision. Variations on these themes are tackled with candor, wit, insight, and emotion by Benedict's 27 eloquently entertaining contributors . . . [An] irresistible, pithy, and right-on anthology.” —*Booklist*

“[A] splendid collection . . . By turns wry, tender, pointed, and laugh-out-loud funny, the selections take us along on the contributors' tangled, complicated, and thoroughly engaging journeys.” —*Publishers Weekly*

“This collection is not only unique for the subject matter it addresses. It also provides cultural commentary that is by turns insightful, humorous, and moving. . . Surprisingly engaging reading.” —*Kirkus Reviews*

“We wear our hair every day, and this collection demonstrates—with great clarity and insight—the complexities of what that means for women of all backgrounds. An important conversation and worthy of note” —*Library Journal*

From the Back Cover

Hair matters. And these writers go to great lengths to help us understand why.

Adriana Trigiani on trendy hair:

“I figure when Madonna gets scared about changing her hair, something is about to blow again, like Vesuvius.”

Marita Golden on black hair:

“Black women’s hair is knotted and gnarled by issues of race, politics, history, and pride.”

Anne Kreamer on going gray:

“Much to my surprise, when I stopped coloring my hair, time began to slow down, in a good way.”

Maria Hinojosa on curly hair:

“As I came to accept and even love my wild hair, it became a way for me to feel power that I had never experienced.”

Alex Kuczynski on waxing:

“‘Very beautiful.’ I will never forget those words. I associate them with shock and vulnerability—and chafing.”

Deborah Feldman on covering hair:

“Eventually I threw away my wigs. I abandoned the community that had forced me to wear them.”

Suleika Jaouad on lost hair:

“Chemotherapy is a take-no-prisoners stylist.”

Patricia Volk on products:

“High-functioning hair obsessives rarely go it alone. We have a team. The products, the people.”

“Untangles the many truths about hair, and the lives we lead underneath it.” —Pamela Druckerman, author of *Bringing Up Bébé*

“[A] splendid collection . . . By turns wry, tender, pointed, and laugh-out-loud funny.” —*Publishers Weekly*

About the Author

Elizabeth Benedict is a graduate of Barnard College and the author of five novels, including the bestseller *Almost* and the National Book Award finalist *Slow Dancing*. She is the editor of the anthologies *What My Mother Gave Me*, a *New York Times* bestseller, and *Mentors, Muses & Monsters*, and has written for the *New York Times*, the *Boston Globe*, the *Los Angeles Times*, *Esquire*, and the *Huffington Post*, the *Rumpus*, and *Tin House*. Two of her essays have been selected for *Best American Essays* collections. She has taught widely and works as a writing coach and editor.

Users Review

From reader reviews:

Jane Cuellar:

Book is written, printed, or descriptive for everything. You can understand everything you want by a guide.

Book has a different type. As we know that book is important thing to bring us around the world. Next to that you can your reading skill was fluently. A e-book Me, My Hair, and I: Twenty-seven Women Untangle an Obsession will make you to be smarter. You can feel far more confidence if you can know about every little thing. But some of you think which open or reading the book make you bored. It is not necessarily make you fun. Why they could be thought like that? Have you in search of best book or suitable book with you?

Mark Feaster:

The knowledge that you get from Me, My Hair, and I: Twenty-seven Women Untangle an Obsession will be the more deep you searching the information that hide inside the words the more you get considering reading it. It does not mean that this book is hard to comprehend but Me, My Hair, and I: Twenty-seven Women Untangle an Obsession giving you excitement feeling of reading. The article writer conveys their point in specific way that can be understood by means of anyone who read this because the author of this book is well-known enough. This specific book also makes your vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having this particular Me, My Hair, and I: Twenty-seven Women Untangle an Obsession instantly.

Kelli Smith:

Spent a free a chance to be fun activity to complete! A lot of people spent their leisure time with their family, or all their friends. Usually they undertaking activity like watching television, going to beach, or picnic in the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your free time/ holiday? May be reading a book might be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try out look for book, may be the guide untitled Me, My Hair, and I: Twenty-seven Women Untangle an Obsession can be great book to read. May be it could be best activity to you.

Christopher Gonzalez:

What is your hobby? Have you heard in which question when you got scholars? We believe that that query was given by teacher to their students. Many kinds of hobby, Everybody has different hobby. And you also know that little person including reading or as examining become their hobby. You need to understand that reading is very important along with book as to be the thing. Book is important thing to increase you knowledge, except your own teacher or lecturer. You discover good news or update with regards to something by book. Different categories of books that can you take to be your object. One of them is niagra Me, My Hair, and I: Twenty-seven Women Untangle an Obsession.

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