



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

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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