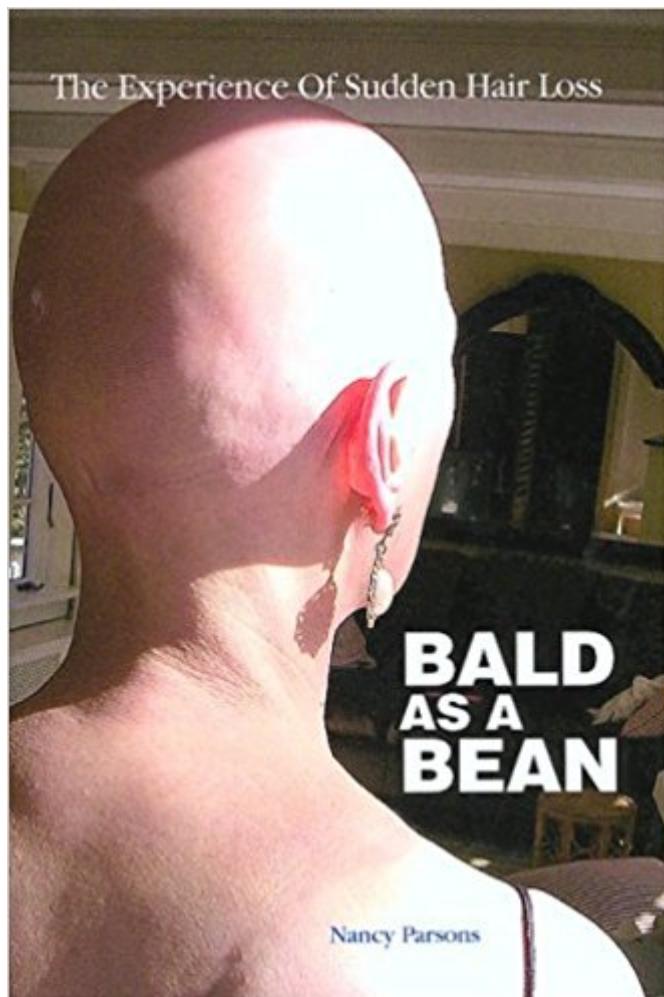


The book was found

## Bald As A Bean



## **Synopsis**

In a society that equates youth, health and even sexual attractiveness with luxurious manes of hair, a woman who goes suddenly bald faces a nightmare of emotions: grief, loss, horror, humiliation and fear. In Bald As A Bean, the author, diagnosed with alopecia areata totalis universalis (total hair loss over the entire body), learns to cope with her baldness and shares her story with calm vision and touches humor.

## **Book Information**

Paperback: 175 pages

Publisher: Nancy L. Parsons; 1st edition (May 5, 2006)

Language: English

ISBN-10: 0978539508

ISBN-13: 978-0978539504

Package Dimensions: 8.8 x 6 x 0.4 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #5,554,146 in Books (See Top 100 in Books) #101 in Books > Health, Fitness & Dieting > Men's Health > Hair Loss #154303 in Books > Parenting & Relationships

## **Customer Reviews**

Nancy Parsons is a retired advertising executive and is the co-author of *Morsels From The Better Mousetrap*. She lives and writes in North Reading, Massachusetts where she shares an office with her husband Don (an artist) and with Gwen, a retired racing greyhound.

Bald as a Bean: The Experience of Sudden Hair Loss is at the top of my must read list. The author, Nancy Parsons, draws the reader into a world turned upside down when she is diagnosed with the disease, alopecia areata totalis universalis. (total hair loss over the entire body) Nancy shares her intensive and sometimes agonizing physical and spiritual struggle when faced with this disease. From the initial shock of finding large clumps of hair on the shower floor, to the overwhelming diagnosis, Nancy chronicles the medical and holistic treatments, as well as the emotional and physical obstacles that she fights to overcome. By revealing her most intimate thoughts, Nancy eloquently affirms the statement, "Although alopecia areata is not life threatening, it is most certainly life altering." We become aware of how much society values hair, and when one loses it, the emotional loss is as significant as the physical loss. One notable theme throughout the book is that

of our natural world, particularly the change of seasons. Loss and rebirth in nature entwines itself with Nancy's physical and spiritual being, and with that comes inspirational hope. How others react to Nancy's hair loss shapes her internal struggle. Not only do her present interactions with others affect her, but her childhood experiences with her hair are discussed. Through comical reflections we see how the importance of hair is instilled in all of us at a very young age. Nancy's humor is an important defense against this disease. We see this humor when she talks about her wigs affectionately known as "the girls." A disturbing statistic about alopecia areata is revealed. One study indicated that "forty eight percent of alopecia patients had considered suicide." By sharing such a personal struggle, Nancy shows us that through perseverance and self reflection, one can find the strength to live with the disease. The journey of shock, denial, fear, anger, and depression, is a journey worth taking. Not only do I recommend *Bald as a Bean*, The Experience of Sudden Hair Loss to those suffering from alopecia or hair loss due to a treatment such as chemotherapy, but as well, to those who enjoy reading true stories about the triumph of the human spirit. Tracy Roberts, Write Field Services Reviewer

[Download to continue reading...](#)

Bald n Dashing!: Hair Loss by Chance, Bald by Choice! Inside a Bald Eagle's Nest: A Photographic Journey Through the American Bald Eagle Nesting Season *Bald As A Bean* Ivy and Bean (Book 4): *Ivy and Bean Take Care of the Babysitter* *Ivy and Bean No News Is Good News* (Book 8) (*Ivy & Bean*) Warman's Bean Plush Field Guide: Values and Identification (Warman's Field Guides Bean Plush: Values & Identification) *Bean By Bean: A Cookbook: More than 175 Recipes for Fresh Beans, Dried Beans, Cool Beans, Hot Beans, Savory Beans, Even Sweet Beans!* Inside Passage: Living with Killer Whales, Bald Eagles, and Kwakiutl Indians *Bald in the Land of Big Hair: A True Story You'll Never Meet A Bald Eskimo - How Indigenous People Hold The Key To Preventing & Reversing Hair Loss* *Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies)* *Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss* (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) *Bald Is Beautiful --- My Journey to Becoming Bald* *Men Always Come Out on Top: 101 Ways to Use Your Head and Win With Skin* *Bald No More The Shocking Truth About Male Hair Loss: Secrets You Need to Know About Losing Hair So You Can Stop From Going Bald* *Bald!: From Hairless Heroes to Comic Combovers* *Sphynx Cats. Sphynx Cat Owners Manual.* Sphynx Cats care, personality, grooming, health and feeding all included. *The Bald & The Beautiful. Skinny Pigs as Pets. a Complete Owner's Guide On, Purchasing, Feeding, Housing, Breeding and Health for Hairless/Bald Guinea Pigs as Well as*

[Information](#) [A Night on Bald Mountain in Full Score \(Dover Music Scores\)](#)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)