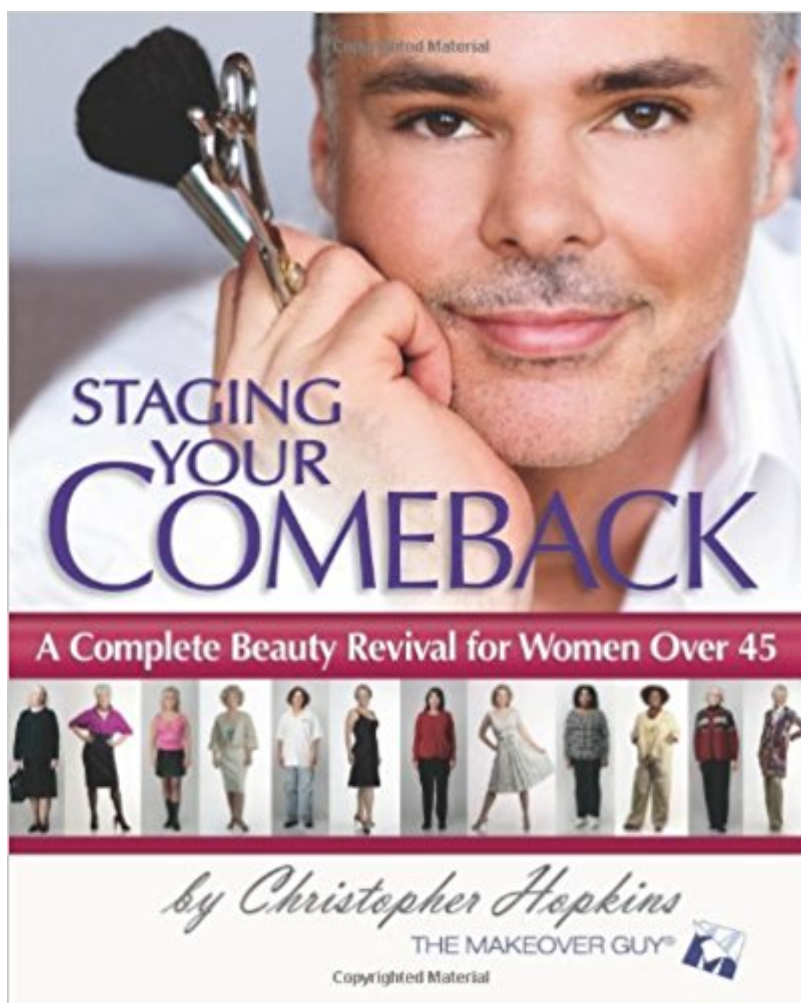


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# Staging Your Comeback: A Complete Beauty Revival For Women Over 45



## Synopsis

Known as The Makeover Guy <sup>®</sup> from his appearances on The Oprah Winfrey Show and other national television programs, Christopher Hopkins believes that as they age, women become more beautiful but often feel less attractive. He's out to change that. For more than twenty years he's encouraged women who often feel like they've taken a backseat to everything and everyone else to come out of the shadows and take center stage. Now it's your turn. Using Christopher's step-by-step strategies and detailed advice, you will learn to:

- Restore your hair with your ideal cut, color, and style.
- Revamp your wardrobe to flatter a changing body.
- Refresh your face with 'visible lift' makeup techniques.
- Renew your spirit and maintain your look using Christopher's revival guide.

## Book Information

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## Customer Reviews

Hopkins, known as The Makeover Guy, explains fashion dos, don'ts and oh-no-she-didn'ts for women in the second act of their lives. A quiz helps the reader identify which of six Image Profiles suits her tastes (Casual, Romantic, Innovative, etc.); clothes, hair and makeup tips follow accordingly. Hopkins is encouraging and helpful: he does not simply tell women to clean their closets of any unsuitable clothes. He provides a checklist of what you'll need, a 10-step to-do list and a questionnaire to determine which clothes to keep and which to toss. Benefiting from this book requires a certain amount of dedication – this is no quick-fix beauty mag article. There is even a revival guide journal in the back where readers can mark down outfits that worked or didn't work,

collect contact information on their personal beauty team and keep track of daily, weekly and monthly beauty tasks. Hopkins's constant self-marketing can get annoying: irrelevant photos of himself litter the pages, and he wastes space touting his fashion victories over difficult clients. But his appearances on Oprah, the book's attention to detail and some astounding before-and-after photos attest to Hopkins's expertise. (May) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"The book is terrific. It really is." - Kathy Lee Gifford "You really did a great job!" - Hoda Kotb, *The Today Show* "Great information, artfully delivered! Listen to Christopher and you'll look smashing right into your nineties--and feel wonderfully confident the whole way." --Leah Feldon, Author of *Does This Make Me Look Fat?* "Christopher shows women how to reveal that amazing inner beauty with techniques you can actually do yourselves." --Mark Montano, Host of TLC's *Ten Years Younger*

This book deserves MORE than 5 stars, the pix alone make it a worthwhile purchase. If you're a fan of the tv show "What Not To Wear" you'll love this book. By the time we arrive in our 50s, after decades taking care of raising kids, etc. it's important to stop & assess our style level & make some changes to keep ourselves looking "age appropriate" & fresh. Hanging onto what looked good in your 20s & 30s doesn't visually work later in life--hair color should lighten to complement skin tone changes, & the texture of aging hair changes too, requiring styling changes. Make-up should be applied with a lighter touch, and again color changes need to be tweaked. Easy to slip into a sloppy/comfortable look but worth it making the effort to feel more attractive as our appearance changes with age. The book has solid tips for improving things, I found a wealth of useful information. Highly recommended!

As a 54-yo soon to be widow, I am trying very hard to turn back the clock a bit. This book is excellent and covers all kinds of issues from what to wear, make up etc.

While this book has been around for years, this talented author and beauty industry entrepreneur is still creating transformative makeovers that 'set the standard' for beauty out of his upscale Minneapolis salon. His magic is documented in 'before and after photos' that are truly jaw dropping, turning each client's challenges of lifeless hair, fading color, dowdy dressing into movie star makeovers. Wow. Just wow. The book helps you define your fashion style, body type, tips for

everything to bring you back to 'youthful and beautiful'. A terrific book that puts a makeover at Christopher Hopkin's salon at #1 on your 'beauty bucket list'. I'm a believer.

Overall, Hopkins' book is realistic and positive. I could tell while reading it that his respect for older women, and his desire to help them transition into what he calls their "second act," is genuine; he does not come across as a stylist trying to make a buck off the insecurities of older women at all. His suggestions are detailed, but realistic. Even though I am a fashion junkie and always have paid close attention to my hair/makeup/clothes, I still learned a ton from reading this book (the section on body typing was particularly surprising to me). In fact, I read it all in one sitting!

I truly enjoyed reading this book. It's obvious that Christopher loves what he does. His passion to show women who have lost belief or sight of themselves their inner and outer beauty really comes through. I'll read this again and again. There are so many good tools and tips. The only thing better would be if I could meet him in person!

Overall, it's a good book. Some of the makeovers were a bit staged. (One person admitted to buying a dowdy skirt to complete the look for her "before" photo.) I didn't like that so many of the women were given blonde hair, it's a harsh process to keep asking your hair to endure. I think it would have been better to find creative ways to work with the gray, such as low lights or blonde highlights. Something that might not need so much upkeep when roots grow back. In this economy we have to find ways to conserve! I thought the chapter on how to find the right kind of clothes to work with your body type was very helpful. It reinforced many things I already knew and gave me some additional insights. He also has good advice on how to talk to your hair stylist and how to approach makeup basics. I think what bothered me the most was that he seemed to be in love with himself. His photos are all over the book. It just didn't sit well with me and gave the book a little bit of a "hokey" feel. For these reasons, I could only give the book 3 stars.

**PROS:** When I first started reading this book, I really, really LOVED it! I enjoyed his anecdotes, his biography and his chatty way of presenting his experience and know-how! I got great ideas for what to wear as I enjoy the "classic" trends of fashion and basically that is all he presented in his well written, well illustrated book, with lots of pictures. I got great ideas for hairdos, makeup and as mentioned classical dressing.**CONS:** As mentioned by other reviewers, his only taste in clothing seemed to veer toward the classics. Obviously these women never went to the laundry mat or a

grocery store as I never got an idea of what to wear to these places and still look chic. Don't get me wrong, his makeovers were fabulous except for the one of the black woman, the pants he had her in made her look like an elephant from the waist down, and her legs were initially slim. I also did not like that he went on and on about how a woman, the older women should not wear long hair, how she is grasping at staying younger when she does. Also continuing to mention figure flaws like it was the end of the world. Okay, okay, I have to give it to him as he said in the beginning of the book.... "I am aware that we all have our own truths, so some of what I have to offer in this book might not feel to you. As you read use your own wisdom and discernment to find out what's right for you.: All in all, a beautifully written and presented book. I wish he had presented make up pictures for the other fashion trends, that is biggest flaw of this book!

I came across this book by accident. Yet it was exactly what I needed. Having been a tomboy teen, rebellious 20-30 something, and a go-it-on-my-own entrepreneur in my 40s, in my 50s I hit menopause, my body changed so much it must be someone else's, and nothing I loved looked good on me anymore. I'm not an old lady! Christopher gently walks us through some of the changes we are encountering - like fat distribution, dowager's hump, graying hair, loss of muscle tone and skin color - and shows us what we can do to minimize these without compromising our personality. His makeovers are absolutely astounding, and very encouraging. Christopher's approach is, 'You are not the same; you're changed by your experiences, and your body has changed. Now it's time for Act Two - enjoying life again as an upgraded YOU.' I am so glad I found his book!

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