



Be Brave. Lose the Beige!

Finding Your Sass After Sixty

by Liz Kitchens



Non-Fiction - Self Help

240 Pages

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Book Review

Reviewed by Rabia Tanveer for Readers' Favorite

Be Brave. Lose the Beige! Finding Your Sass After Sixty by Liz Kitchens is a self-help book that encourages women over sixty to embrace their inner selves, shed societal expectations, and live a life full of color, creativity, and joy. Kitchens believes that as women age, they often feel pressure to conform to societal expectations and adhere to a "beige" lifestyle of sameness, predictability, and lack of vitality. In this wonderful book, she urges women to break free from these constraints and embrace their unique selves, quirks, and passions. Women who suffer from empty nest syndrome or are simply floundering to find their place in this world will find help in this book. The fun, simple, and conversational style is filled with gems that can help you live the latter half of your life to the fullest.

Through ten chapters filled with practical advice, Liz Kitchens provides readers with tools and strategies to live a more colorful and fulfilling life. She encourages women to take risks, pursue their interests, and surround themselves with supportive people who will help them achieve their goals. Be Brave. Lose the Beige! also addresses common challenges faced by women as they age, including health issues, retirement, and the loss of loved ones. She guides her readers on how to navigate these challenges with grace and resilience and encourages readers to see them as opportunities for growth and self-discovery. Kitchens touches on all aspects of a "Boomer's" life. From aging to feeling alone to becoming a better grandparent, she shares some helpful anecdotes to make the changes bearable and easier. It offers practical advice, personal inspiration, and a rallying cry for women to embrace their true selves and live life to the maximum.