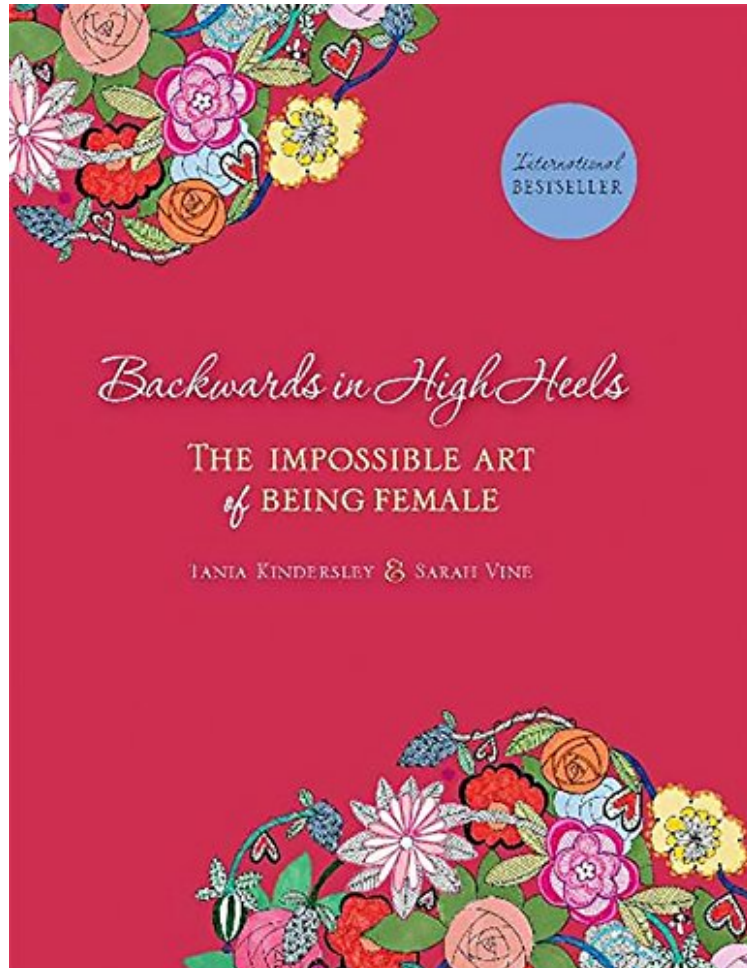


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Backwards in High Heels: The Impossible Art of Being Female

Tania Kindersley, Sarah Vine

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Tania Kindersley, Sarah Vine : Backwards in High Heels: The Impossible Art of Being Female before purchasing it in order to gage whether or not it would be worth my time, and all praised Backwards in High Heels: The Impossible Art of Being Female:

7 of 7 people found the following review helpful. Underwhelming and Uninspiring!By MoviefanaticI came across this book recently at the Chicago downtown Anthropology store at lunchtime. I have to say that I liked the title. I love the saying about Ginger Rogers "she did everything Fred Astaire did only in high heels and backwards". It has class, character, sense of humor, and, most importantly, captures the essence of what modern women do every day of their lives. Children - yes, challenging and high stress carries - yes, entertaining husbands with intellectual discussions - yes, being drop dead gorgeous, unique, smart, and confident - absolutely, and so much more... Unfortunately, the book did not capture the spirit of its title. The writing is cliché and uninspiring. The choice of topics and the order of importance is strange and superficial. There was not a trace of an insight, inspiration, or a well though through advice.

Have the authors lived the sheltered lives of well provided "high maintenance chicks", one would wonder. Apparently, they do not know the issues and pains of modern womanhood doing everything men do and so much more. This is what I expected the book to be all about. The book clearly did not meet my expectations. It gets the lowest possible grade from me for not only not enlightening me, but taking my precious time away from my life and my everyday challenges. Luckily, I only paid \$.99 for it secondhand. Bottom line: Do not waste your time! 0 of 0 people found the following review helpful. Very wise, very witty and a great gift for yourself and your gal pals. By Sharon Isch [Note: This book's title refers to a famous quote asking why Hollywood's most famous dancer, Fred Astaire, got all the credit when his partner, Ginger Rogers, did everything he did, except that she did it backwards and in high heels.] Let this book fall open to any old page and you'll likely find something interesting, useful and true. Land somewhere in the "career" section and check out the chapter on "The art of reconciling the fantasy world of work painted for your younger self with the mundane and often alarming adult reality." Or, the beauty section chapter titled "Pots of money; or why perfectly rational women will part with quite astonishing amounts of cash for something they know can't really make that much of a difference." And don't miss: "The absolutely lovely ability that age brings to say no," "The madness of self help," "How to read a fashion magazine without wanting to cut your head off with a penknife" "The confusions of healthy eating," "Why you should marry a hedge fund manager only if you really really can't live without him," "How to stop being a perfectionist" and "Why there is no excuse for bad sex." The authors also endorse your view that your mother doesn't understand you, but have a pretty convincing explanation of why it's not her fault. A section on grief includes a chapter on rejection. There's a good 30 pages on "politics and the new orthodoxy" and 20 on "philosophy of life, self-esteem, and the whole damn thing," along with about a dozen or so recipes and assorted practical tips on such things as how to make your bed, judge character, not panic in social situations, deal with being in the wrong and not take yourself too seriously. This is the American edition of a book written by two forty-something Brits--one married with kids and one not. For more about them and their book you may want to check out Tania Kindersley's blogspot via your search engine. I did and was a little taken aback to learn they feared American women might not 'get' them. To which I say: how could we NOT? 0 of 0 people found the following review helpful. Inspiring Book! By Love To Read in Florida Different kind of self help book. A little bit of everything. Loved the section on health and reasonable expectations for weight loss. Even copied the chapter for my sister and friends and sent it to them. Made me think about my body and what we REALLY should be focusing on in our lives. Besides that, it has a very pretty cover!

This smart and frank collection distills the trials and triumphs of being a woman, all in a gifty volume filled with whimsical fullcolor illustrations. In 15 subject-driven chapters relevant to women of all ages, authors Tania Kindersley and Sarah Vine's essays cover topics ranging from feminism to face cream, motherhood to money, and politics to perfection. Titles like "The Danger of Romantic Love," "Why There is No Such Thing as a Guilt-Free Working Mother," "How Not to Go Mad," parts 1 and 2, and "Why There is No Excuse for Bad Sex" develop into a tuned and sophisticated voice that is at once a mother, best friend, and shrink, revising expectations, bashing stereotypes, and illuminating the experience of life. This is the ultimate sophisticated gift for any woman of any age. Both young and old will find familiarity in the admonitions, recollections, and powerful advice of two writers who have done it all. This "brilliant feat of realism," so called by the Sunday Times Magazine, gently guides the way without claiming to have all the answers.

October 15, 2009, Plum Sykes, author of *Society Girls*, *Bergdorf Blondes*, and *The Debutante Divorcée* "This book is the best friend I always wish I had: funny, witty, intelligent." October 15, 2009, Lulu Guinness, British fashion designer and author of *Put on Your Pearls, Girls!* "It's simply brilliant: buy it and give it to all your friends" Harper's Bazaar "From feminism to face cream, *Backwards in High Heels* is a witty collection of essays about the joy and pain of being a lady."