



Face Value: The Hidden Ways Beauty Shapes Women's Lives

Autumn Whitefield-Madrano

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A thought-provoking examination of how we think and talk about beauty today—and the unexpected and often positive ways that beauty shapes our lives.

For decades, we've discussed our insecurities in the face of idealized, retouched, impossibly perfect images. We've worried primping and preening are a distraction and a trap. But have we focused too much on beauty's negative influence?

In *Face Value*, journalist Autumn Whitefield-Madrano thoughtfully examines the relationship between appearance and science, social media, sex, friendship, language, and advertising to show how beauty actually affects us day to day. Through meticulous research and interviews with dozens of women across all walks of life, she reveals surprising findings, like that wearing makeup can actually relax you, that you can convince people you're better looking just by tweaking your personality, and the ways beauty can be a powerful tool of connection among women.

Equal parts social commentary, cultural analysis, careful investigation, and powerful personal anecdotes, *Face Value* is provocative and empowering—and a great conversation starter for women everywhere.

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