

**Q&A with MITCH FRIEDMAN, author of HELL TOUPEE: MY  
RIDICULOUS YEAR WEARING A HAIR REPLACEMENT**

**Q. You had a full head of hair when you were a teenager, and lost it in your 20s. Did baldness run in your family?**

**A.** My father, both grandfathers, and an uncle were bald. It not so much ran in my family as it sprinted.

**Q. What prompted you to sign on with Head Restart for Men? Convincing ads? The only game in town?**

**A.** It was their incessant infomercials, and the fact that, at the time, no one other company that did what they claimed to do was even trying to compete.

**Q. Once you realized the process was going to be uncomfortable and the pay-off would call attention to your hair more than simply your regular appearance, did you consider stopping?**

**A.** I considered stopping, but because I was so self-conscious about what was under the hair system, sticking with it was the slightly lesser of two evils. Plus, I shelled out \$1500 for the privilege of being uncomfortable and the recipient of perplexed glances. At least I had a chance of getting my money's worth.

**Q. What is it with men and hair? Why do men think a full head of hair makes them look more virile, or more desirable?**

**A.** Let's just blame it on Hollywood, agreeing to ignore Telly Savalas, Yul Brynner and Mr. Clean.

**Q. Since toupees, and hair transplants are relatively easy to spot, and thus stand out because the viewer knows they are fake, why do intelligent, active men persist in wearing them?**

A. Vanity is a powerful hallucinogen.

**Q. Do you think your love life - and lack thereof during the year you wore the "system" - might have been different without the toupee?**

A. There's no guarantee that my love life would have been different, as it wasn't exactly brimming with excitement before I got the system. However, with the system I didn't even try to have a love life. I was preoccupied with doing anything but loving my own life.

**Q. Did your life change after you stopped wearing it and came to terms with your appearance?**

A. Absolutely. Suddenly I was confident about my looks, more relaxed, attracted the attention of women I was attracted to, and had a damn good story to tell everyone.

**Q. Any advice for a thirtysomething considering a similar scenario?**

A. These days there are some methods that produce fairly convincing results. Do lots of research, get numerous opinions, shop around, and if you're still considering taking the expensive risk, get the inside of your head examined.

I still think it's far better to just accept yourself as you are, and as you'll end up.