

"People are always asking me about my hair. I have to credit my parents and genetics to some degree, and I also go without washing it for a few days—that helps with how my strands look."

"I love my character on *Nashville* because she's relatable to so many women. She's an artist, a businesswoman, and, on top of that, a mom. She faces more obstacles than most of us do in a lifetime, but isn't that the stuff country songs are made of?"

"AS A NEW MOM, YOU HAVE NO IDEA WHAT YOU'RE DOING MOST OF THE TIME. MANY PROJECTS HAVE A LOT OF INSTRUCTIONS, BUT THERE'S NOTHING LIKE RAISING A CHILD TO REMIND YOU THAT YOU'RE JUST LEARNING AS YOU GO AND HE'S ACTUALLY GOING TO TEACH YOU THE MOST."

"The best thing about being in my 40s is my increasing wisdom. I have this life experience that makes me feel more self-assured and willing to make decisions that are true to who I am."

GETTING REAL WITH...

Connie Britton

Connie Britton, 47, has a talent for playing down-to-earth types—from coach's wife Tami Taylor on the seminal series *Friday Night Lights* to her current gig on the hit show *Nashville* as country singer Rayna Jaymes. Turns out, she's just as approachable offscreen. Calling from her home in Tennessee's "Music City"—where she shoots the show and lives with her son, Eyob, whom she adopted from Ethiopia in 2011—Connie sounds off on the upside of aging and how parenthood has taught her to go with the flow.

By Mallory Creveling

"I do hot Vinyasa flow yoga whenever I can and find that it incorporates my mind, body, and spirit. It's also incredibly therapeutic and enlivening."

Photograph by Peggy Strato/Trunk Archive