

The Menopause The Inner Journey

A holistic guide to managing menopause draws on the latest research to provide a customizable plan of nutrition, exercise, and relaxation response techniques that can reduce such symptoms as hot flashes, night sweats, mood swings, and insomnia. Original. 20,000 first printing.

Hot Flush Dark Cave The extraordinary personal account of one woman's spiritual transformation through the portal of menopause. Tree dives through the portal as a willing, enthusiastic initiate. She follows her intuitive understanding; that she is responding to an invitation to a vital, life changing initiation. The story follows Tree's three-year journey. After spending twenty years raising a family, she responds to a deep need to withdraw into solitude, creativity and nature. She travels to her own interior, shedding parts of herself, burning off dross, using hot flushes as a form of alchemy, purifying herself. She spends much time in nature. During the initiation the veil between this world and the spirit world lifts. Much wisdom is imparted by the spirit world. Sometimes painful; both physically and emotionally, often joyful and enriching, and always transforming.

Menopause is a dramatic but largely overlooked developmental window to the second half of life. Although today's women are more aware of and actively involved in mapping their menopausal journey than generations before, many still do not see menopause as a time of important psychological and spiritual transformation. This book goes far beyond hot flashes and gets to the very heart of the midlife journey, helping women find their unique voice and speak their truth in an era of #MeToo and #ChurchToo. Coming alongside readers as a wise spiritual guide, pastor and theologian Cheryl Bridges Johns identifies seven key developmental "tasks" of menopause and gives practical ways women can embrace each one. She encourages women to view these tasks as gifts as they experience the remarkable physical, emotional, and spiritual transformation that occurs in this stage of life. Written in a warm and conversational tone, this book helps women chart a course for the future, leading them to a renewed sense of identity, a more focused vision for life, and a deeper spirituality. Each chapter includes guided questions for personal reflection and study questions for group discussion.

In "A Full Moon Rising . . . and the Tao of Menopause," Kimberly Quinn Smith very humorously tells the tale of entering into the new stage of mid-life, while associating hormonal moments with the lunar schedule and her symbolic metamorphosis into a menopausal werewolf. Throughout her journey she flashes back to her colorful 70's childhood, where she grew up in the eclectic town of New Paltz, New York, a small town just an hour outside of Manhattan. She then brings us back through her early motherhood years and lands us where she resides currently, with a house full of teenagers. Throughout her tale, she makes intermittent, contemplative reflections on her halfway-ness and explores strategies of how to learn to embrace the Principles of the Tao of Menopause.

Women have absolute power within themselves to heal. A living testament to the healing efficacy of her teachings, the author freed herself from "terminal" ovarian cancer at the age of 23. More than 25 years later--having been recognized by the Parliament of the World's Religions for her outstanding contribution to humanity--she shares the healing wisdom that literally saved her life.

Why a Playbook: When I was writing *The Secret Pleasures of Menopause*, I began to hear more and more stories from other women about exactly what I was writing about: how opening up to and expanding joy and pleasure in midlife creates vibrant health physically, emotionally, and spiritually—including the best sex of your life. I was inspired by the many touching and creative stories I was hearing from women who definitely saw midlife as the start of the absolute best years of their lives.

Profiles a range of traditional and alternative options for treating menopause symptoms, in a volume that dedicates each chapter to a specific condition or therapeutic approach, from hormone replacement therapy and osteoporosis to Chinese medicine and yoga, as evaluated by top field experts. Original. 12,000 first printing.

Hot flashes and sleepless nights? Feeling anxious and irritable? Feel like you're losing your mind? Frustrated with weight gain? It's time for a makeover—a menopause makeover! Staness Jonekos knows all too well how you feel. Leading up to her wedding day at the age of forty-seven, she was sporting a not-so-sexy belly bulge, suffering from hot flashes and feeling in no mood for a honeymoon. Jonekos took drastic action and created the first-ever menopause makeover to get back into that little white dress and feel sexy again in just twelve weeks. Now she joins forces with leading menopause expert Dr. Wendy Klein to give you the relief you need, fast! Based on the latest scientific research, and designed for both pre- and post-menopausal women, *The Menopause Makeover* is a proven, eight-step program to help you reclaim your health—and your life.

- Evaluate if hormone therapy is right for you
- Beat belly bulge with *The Menopause Makeover* food pyramid and recipes
- Tone up and trim down with *The Menopause Makeover* fitness formula
- Boost your libido and learn to love intimacy again
- Regain your vibrant, youthful glow with essential beauty tips
- Manage stress and get off the mood-swing roller coaster
- Stay motivated with self-assessments and tools to track your progress

The medical establishment presents menopause as an unfortunate illness, a weakness to be treated with synthetic hormones or surgery. Merri Lu Park challenges this, her own experiences having prompted her to research the subject. This is a guide to natural alternatives such as homeopathy.

Integrating modern medicine and ancient spiritual wisdom, *MENOPAUSE WITH SCIENCE AND SOUL* is an intelligent and thoughtful companion to navigating the menopausal journey. Drawing from the latest medical studies, naturopath Dr. Judith Boice advises women on practical concerns such as bone health, phytoestrogens, diet and exercise, and hormone replacement therapy, and offers stories, interviews, and rituals to nurture women's mental and emotional health. Essays and poetry from sixteen prominent writers celebrate the broad spectrum of women's menopausal experiences and honor diverse spiritual approaches to this significant life passage. Whether you're struggling with hot flashes or reveling in an unexpected rebirth of creativity, this comprehensive guide provides the scientific and soul-centered support you need. Features contributions from: Clarissa Pinkola Estés, Carol Lee Flinders, Brooke Medicine Eagle, Marlise Wabun Wind, Vicki Noble, Carol Bridges

In *LIFE! Reflections on Your Journey*, Louise L. Hay brings you a truly moving and inspirational book that will help you identify and heal a number of the pressing issues that you encounter on your path. Among other topics, Louise deals with growing up, relationships, work, health, spirituality, aging, death ... and many of the problems, fears, and challenges that these passages bring about. No matter what obstacles lie before you, Louise continually reminds you that the magnificent, frightening, delightful, ridiculous, astounding phenomenon that you experience between birth and death is what *LIFE* is all about!

This intensely personal account of the little written-about sacred dimension of menopause combines religious studies with psychology to "understand menopause as soul-event . regarding its symptoms as symbols" and provides insight into what this transition can be like for those women who choose to embrace it as a meaningful part of their lives. Downing explores menopause as a rite of passage and reveals her own inner and outer journey through this process, using a trip she took to India when she turned 50 to mark the occasion. She shares with her sisters the lessons learned on the journey: "the discovery that I was done with the heroic quest, the acceptance of weakness and vulnerability, the recognition of my dependence on other women, the revelation that I am loved enough."

Provides a holistic and theoretical framework through which women can understand menopause as an experience they can use for personal growth rather than something to be endured

Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power. It reveals: · Your inner architecture and the path to power that is encoded in your body · How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority · Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle · How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing · How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

Do you regret not having children? Are you childless by choice? Are you fearful about your future without the love of children? In Finding Happiness without Children, author Janeah Rose helps childless women understand the feelings and emotions they may be experiencing. This collection of intimate stories—from both the author and other childless women— offers encouragement and compassion and demonstrates the many unique ways these women found purpose, fulfillment, inner peace, and happiness without children. Janeah calls upon her own hardships and personal experiences to prove how trials can be reconfigured to become lessons. Finding Happiness without Children offers a powerful and enlightening story of a childless woman's hardships and struggles which ironically unmasked and strengthened her gift of intuition. The life experiences taught her how to heal, grow spiritually, love, forgive, trust, and, most importantly, how to love herself, trust the universe and believe in the Creator. Both emotional and inspirational, Finding Happiness without Children makes a positive contribution to childless women everywhere who face the struggles and stigma of infertility.

Menopause: New Directions. No two women go through menopause in exactly the same way. One experiences hot flashes that will melt steel; other suffer chills - or one of 50 other possible mental or physical changes. In the past, most women confronted by menopause had two choices: Suffer the symptom (usually in silence), or take a hormone pill. But thanks to the startling findings of the Women's Health Initiative Study, which concluded that the potential health hazards of using Prempro, an estrogen-progesterone, combination, outweighed its benefits, and the subsequent National Toxicology Program's classification of estrogen as a carcinogen, women - and their doctors - have been thrown into turmoil.

Is menopause wrecking your life? Are you suffering with hot flashes, fuzzy thinking, weight gain, night sweats, insomnia or emotional symptoms? Are these symptoms becoming unmanageable? Worse yet - are folks in your life starting to notice? - If so, you're not alone! Menopause affects women in many different ways and solutions for relief are as varied as the symptoms themselves. At times the journey can feel frightening, foreign and downright lonely. Are you ready to embark on the journey that is Menopause and become the Life Adventurer that this journey demands? If your answer is 'YES!' then this is the program for you. 'Making Peace with Menopause-Embarking On the Journey of Your Lifetime and Living to Tell the Tale©' has been lovingly and painstakingly crafted with you and your frustrations, concerns, anxieties and needs in mind. Designed and created to support the powerful concept of 'women supporting women,' 'Making Peace with Menopause©' draws upon this concept and expands upon it radically; offering factual Menopause health, beauty and life coaching information to help you traverse the often bumpy road of middle age and work to make your Menopause experience 'The Change- for the Better! ©'. Kris Cavanaugh, C.E.O. Catalyst & Coach, and Carrie E. Pierce, Licensed Aesthetician & Founder of Menopauserus.com, have combined forces to guide you on a journey that will empower and provide you with all the information you need to be the best you can be - without wasted time, money or effort. This detailed and enjoyable program focuses on creating both the inner and outer shifts that need to occur in order for Menopause to be the gift and blessing it so easily can - and should - be.

This study examined the relationship between women's sexual and spiritual development. Thirteen post-menopausal women were interviewed using qualitative and creative expression methods. Two test measures, the Short Index of Self-Actualization and the Spiritual Perspectives Scale, were used to assess participants individually and as a group. Results of both tests showed that this group is high in levels of self-actualization and spirituality as measured by the instruments. Creative expression methods included a timeline of the participants' self-determined salient experiences of sexual-spiritual development and collages depicting participants' view of their sexual-spiritual self. Both the timeline and collage were used for individual interviews. The interviews were transcribed and thematically analyzed. Contributing and inhibiting factors to sexual-spiritual development included relationship, connection, parenthood, health, sexual abuse, transformative experiences, mortality, negative messages, inner journey, and the learning curve. Age-related aspects of sexual-spiritual development included sexual-spiritual coalescence, self-sufficiency of the fifties, lifelong sexual development, and acceptance of body image. This research indicated that for the women in this study, sexual-spiritual development was an ongoing process in adulthood. Menopause was not the final point of sexual development. In fact, for some of the participants menopause signaled the beginning of their conscious sexual-spiritual journey.

This book gives all sided information about modern and Ayurveda anatomy, physiology , Disorders , Comparative review of female reproductive system. Hepatotoxic effects of modern drugs used as ovulation inducers . Detail information about Ayurvedic Medicines for gynaecological diseases. Fertility control and Ayurveda .Research articles are included.

From Menarche to Menopause: The Female Body in Feminist Therapy examines the

latest research on the menstrual cycle and women's reproductive health. This timely volume focuses on women in therapy who are disconnected from—or even repelled by—their own bodies due to cultural attitudes, abuse, trauma, or the natural aging process. Experts in the fields of psychology and women's health unite to celebrate the physical life stages of women and girls and to offer practical advice for therapists to use when addressing negativity caused by appearance, age, menstrual symptoms, or reproductive concerns. In this book, you will gain new understanding about the effects on a woman's mental health that transitional life stages can cause, from preadolescence through the childbearing years to menopause. The suggestions in *From Menarche to Menopause* can help women resist the bombardment of negative messages and misleading information they receive about their bodies and their reproductive concerns. This helpful resource can also assist you in opening new lines of communication between mothers and daughter, women and men, and women and other women. *From Menarche to Menopause* discusses how to handle topics such as: self-loathing caused by media and cultural messages that affect women's acceptance of their bodies overcoming a daughter's reluctance to discuss sensitive topics of bodily maturation, menstruation, and emerging sexual development helping women, men, and couples cope with infertility assisting women in overcoming a disappointing birth experience providing therapeutic care to women and couples who experience perinatal loss addressing perimenopause in midlife women and the concerns, negative attitudes, and uncertainty of this transition This unique book fills the gap in feminist therapy literature with practical advice concerning the functions of women's bodies that can be used within the therapy context. *From Menarche to Menopause* includes extensive references and several book reviews to further your research and provide reading and other resources you can recommend to your clients. This practical resource on women's reproductive health—as it relates to mental health—is an important addition to the bookshelves of feminist psychologists, clinical practitioners, social workers, and health practitioners as well as faculty and students of these disciplines.

"*The Journey to Finding to Yourself*" is a self-help book that offers life skills advice on one's personal journey in over-coming low self esteem. The book is geared towards the new adults, but speaks to the highs and lows, of all ages. There are many different attributes, that may enhance the negativity that we at some point may feel about ourselves. This book is a tool that will help rebuild your inner self as we go on this journey together.

The Practical Reference Guide on Women's Health in Traditional Chinese Medicine Get your copy and learn how to understand your cycles and transform your life *7 Times a Woman* is the product of a 20 year personal and clinical journey in understanding and balancing women's cycles. It began with Dr. Andrews' personal health challenges which led her to become an acupuncturist and open her own clinic where she has helped many women heal from hormonal imbalances. *7 Times a Woman* is a reference book for women's health, covering daily, monthly, yearly, and 7 year cycle care to increase beauty and vitality. It educates women on the topics of conception, childhood, menstruation, postpartum, menopause, detoxification, rejuvenation, Daoist sexual cultivation, Inner Alchemy, and senior care. *7 Times a Woman* includes over 50 meditations, qigong exercises, and practices and over 70 recipes and herbal formulas women can use to transform themselves. For lay women, *7 Times a Woman* will show

you how to look and feel your best at every age: Stay juicy and vital after menopause
Keep your figure and your mind after childbirth Learn ancient Daoist meditation, sexual alchemy, and beauty secrets Use safe detox and weight loss strategies For acupuncturists, 7 Times a Woman gives you herbal formulas, point prescriptions, diet plans, and strategies for common female maladies so you can: Alleviate PMS, menstrual cramps, and yeast infections Heal postpartum weight gain, low libido, and depression Quickly treat hot flashes, vaginal dryness, insomnia, and other menopausal symptoms And much more

Hot Flush Dark Cave The extraordinary personal account of one woman's spiritual transformation through the portal of menopause. Tree dives through the portal as a willing, enthusiastic initiate. She follows her intuitive understanding; that she is responding to an invitation to a vital, life changing initiation. The story follows Tree's three-year journey. After spending twenty years raising a family, she responds to a deep need to withdraw into solitude, creativity and nature. She travels to her own interior, shedding parts of herself, burning off dross, using hot flushes as a form of alchemy, purifying herself. She spends much time in nature. During the initiation the veil between this world and the spirit world lifts. Much wisdom is imparted by the spirit world. Sometimes painful; both physically and emotionally, often joyful and enriching, and always transforming.

This qualitative study sought to explore psychospiritual change occurring in women during the process of menopause. Traditional Western biomedical literature treats menopause as a medical condition, rather than as a naturally occurring developmental stage. This pejorative view influences cultural attitudes toward aging women who are left with little information supporting a self-image of health and wellbeing. A large body of research has emerged countering the deficiency model. However, little attention is given to spiritual or transpersonal aspects that may accompany menopause except in the popular literature and cross-cultural literature. Thematic analysis of the narratives of 24 post-menopausal women elicited women's experiences from menstruation through menopause, the information they received, and how this influenced subsequent phases of development such as dysmenorrhea, sexuality, spirituality, genderedness, and being a woman. Important themes included culturally imposed silence regarding women's processes, a desire for more information, the importance of community with other women throughout the life-span, and internal changes leading to empowerment and the acquisition of wisdom, voice, and power.

"In Menopause: A Midlife Passage, [questions about menopause] are considered in depth from a dazzling variety of angles. This is just the serious feminist discussion of menopause that I have been longing for.... its exquisite analyses renew us in our struggles to make sense of it all." -- Alice Dan, Women's Review of Books "Menopause has become a hot (with or without the flashes) topic in America. That's because a critical mass of us have reached it and are educated, aggressive, and confident enough to want to know what's happening to us, and then to talk about it.... Smart, useful, funny, Menopause: A Midlife Passage is a fine addition to the discussion, a healthy companion for this all-important life passage." -- Susan Stamberg, Special Correspondent, National Public Radio "Editor Callahan takes anything but a trendy approach to a very trendy topic.

She's gathered essays by scholarly women who have thought through society's position on menopause and menopausal women and don't like what they see: older women denied positive portrayals in mainstream media, menopause treated by the medical establishment as if it were a disease rather than a natural occurrence, and devaluation of older women. Determined to change people's minds with their words, these women speak both powerfully and empoweringly. A must for feminist and women's health collections." -- Booklist "... a bold attempt to go beyond the standard medical framing of women's experience, and to contest the notion that the menopause is straightforwardly a hormonal 'deficiency disease'." -- New Scientist "... [an] entertaining and informative book that takes a very positive attitude toward the 'midlife passage'." -- Fertility News "This book should be required reading for all women's health care providers and anyone else doing counseling of menopausal women." -- Journal of Women & Aging

Essayists from various walks of life present female-defined perspectives on menopause and the passage to new physical, social, and cultural development. This is the first book to focus on the emerging field of Psychophonetics, providing an essential introduction to this spiritual approach to counseling and therapy. Psychophonetics, is accessible and intended for both professionals and interested general readers. --Book Jacket.

The edifying insights in *A New Beginning* will help you attain a personal transformation as you begin to manifest the deepest longings of your soul. The delightful and inspiring narratives in this book illustrate how it is possible allow more peace, fulfillment, and abundance into our life. Even though the characters and settings of these stories are fictional, the stories themselves are autobiographical in nature and depict different stages in the author's life and her spiritual journey. The book also provides guidelines for an abundant and harmonious life that will allow you to make a difference for the earth and for humanity during these pivotal and challenging times in earth's history.

Help - Im Menopausal is written for women approaching menopause. Through spiritual and mental exercises, you will be safely guided to let go of old negative patterns, replacing them with a much more positive and fulfilling focus and energy. This leads to a life in joy and authenticity. You will find that the examples from other women and the twenty-two exercises in the book will help you easily and safely through the process. Get started now and enjoy this amazing journey.

Woman After Forty is a psychological journey in the life of every woman, as well as a compass pointing to the future. Women Readers over forty , from the scientific studies from research centers as Harvard University, Johns Hopkins University and the Mayo Clinic, will find their own ways to understand and value their outward appearance and inner strength, in order to feel healthy, useful and fulfilled. Also they will draw strength from their maturity so that they can better serve and enjoy their personal goals at the various stages of their lives. I like to think of it as a breath of optimism to help women confront the future with strength and energy.

Like many women, Fincher had to make her own way through this important transition. In this book she shares her own experiences and her understanding of the patterns of psychological and spiritual change during menopause. The practical guidance she offers for women to create their own rituals of transformation will help bring readers a deepened sense of identity and empowerment.

Eliopoulos provides students with the content they need, taking a holistic approach to gerontological nursing. Updated for currency, the text works to ensure students are prepared for their careers with new real world application and care competencies to help guide work place decisions. With DocuCare availability, this new edition also connects textbook resources with clinical and simulation setting via supplementary resources.

A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through

menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

MenopauseThe Inner JourneyShambhala Publications

In *Jump Off the Hormone Swing*, Lorraine Pintus shares openly about the inner tension a woman can feel at certain times of the month between wanting to love her neighbor on one hand, and wanting to strangle her and shoot her ugly dog on the other. While many books discuss the physical and emotional symptoms of hormones, this is the first to explore in depth the spiritual aspects. *Jump!* is a mentoring book, not a medical book. The focus is on attitude, not anatomy. Lorraine shares insights from her own journey as well as wisdom from 1,500 women she surveyed. Sound biblical wisdom is laced with humor because after all, when it comes to hormones, you either have to laugh or cry, and laughing is better! Get answers to these questions: · What is the number one thing I can do to feel better physically? · How does PMS and perimenopause affect me spiritually? · Which foods ease PMS symptoms...which make them worse? · How do hormones affect my brain? · Why does stress make my PMS worse and what can I do about it? · Are there benefits to PMS and perimenopause? (you'll discover 10!!) · How can God possibly love me when I hate myself? Includes a 10-week study for individual and group use.

Isn't it time to put your health first? To give yourself the gift of whole-body wellness? What if embracing unconditional love and a life of self-care was the first step to wellness? Could you honor that for yourself? The real challenge is looking inward and creating a practice to move past stress. Wellness is more than a one-dimensional approach. Healing takes work on our mind, body, and spirit. Wellness is a process to heal layers of physical and emotional pain, trauma, and stress. Audrey Michel knows this from experience. She is an author, speaker, and spiritual growth coach who survived seventeen years of chronic pain and endometriosis. Audrey spent more than half her life learning to cope with pain and overcome symptomatic issues. Now pain- and symptom-free, she is passionate about listening to her body, honoring her body, and sharing her story to empower women to heal. Join Audrey through her journey. Find inspiration and motivation to overcome your obstacles, climb your mountain, and define your path to love yourself, heal your body and mind, and celebrate life.

Women face many challenging transitions on the pilgrimage from girlhood through womanhood: menses, love and heartbreak, motherhood, menopause. Devoid of a central narrative, these rites of passage too often happen in shame and secrecy, leaving women doubting their personal power and self-worth. Bestselling author and founder of *The Way of the Happy Woman*®, Sara Avant Stover saw how women erroneously viewed these initiations as "curses" and sought to present a new model that reflected the power and wisdom unique to the feminine path. *The Book of SHE* celebrates all that it means to be a woman, from mythological underpinnings to the cycles of our day-to-day lives. Drawing on archetypes including Mary Magdalene, the Dark Goddess, and Green Tara, Stover will guide you on a journey home to psychological wholeness, personal empowerment, and, ultimately, full feminine spiritual Awakening. Brimming with mystery and magic, this provocative book makes ancient wisdom and healing practices accessible to every woman who is ready to revel in her

full femininity — the dark and the light — through joyfully becoming the heroine of her own life.

After the premature death of her husband of thirty years, Anna Simon learns the comfortable life they shared in Seattle had been built on lies. The discovery of her husband's betrayal challenges everything she had previously believed. Grief and shock combine with menopause to topple her formerly secure identities as wife, mother, and educator. In an effort to build a new life, Anna pursues an interest in documentary film where she is surprised to find herself attracted to a talented and engaging woman. Will she have the courage to claim a new path, to trust her own feelings? Or will she scuttle back into her shell? A funny and touching story of personal discovery, *Turtle Season* follows the deep inner journey of a woman at midlife as she chooses hope over despair and seeks a future that is true to her authentic self.

Women are desperate for support during peri-menopause. This workbook offers a positive and empowering approach that will guide women through a deep process to a place of inner strength and wisdom. It will help women understand how the physical experiences of menopause are the body's way of triggering profound transformation and self realization. Menopause is not a disease it is an initiation. Now is the time to take back and redefine this momentous passage in our lives! This book offers a framework based on C. G. Jung's concepts of inner alchemy within which women can safely and coherently work with the transmuting power of peri-menopause to become more fully who they really are and take their place as healers and leaders in a world that is crying out for the crone's wisdom. Essential oils are suggested as guides along the way as there is nothing more powerful, yet safe and easy to use to explore our psyches than aromas.

[Copyright: 4789fe6f13502a0bc4a974acd06dce2b](https://www.amazon.com/dp/B000APR004)