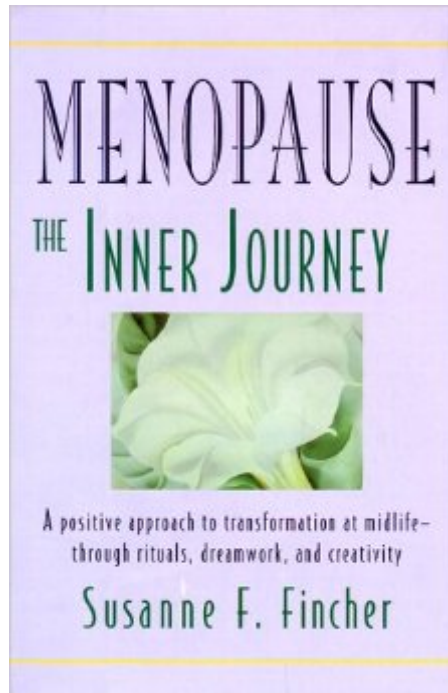


The book was found

Menopause



Synopsis

In our culture, menopause is looked upon as a disease rather than a gateway to a new way of life, and there are no supportive rituals to affirm a woman's initiation into a new status. Menopause challenges a women to confront the unfinished business of her first fifty years, to release her early-life roles, to accept the changes of aging, and to make choices about what kind of person she will be for the rest of her life. Like many women, Susanne Fincher had to make her way alone through this important transition and discover for herself the informal rituals, healing stories, and guiding images that helped bring her to a place of renewed hope. 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 to a deepened sense of identity, empowerment, and creativity.

Book Information

Hardcover: 155 pages

Publisher: Shambhala; 1st edition (October 24, 1995)

Language: English

ISBN-10: 1570621527

ISBN-13: 978-1570621529

Product Dimensions: 6.2 x 0.8 x 9.3 inches

Shipping Weight: 11.2 ounces

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Best Sellers Rank: #777,620 in Books (See Top 100 in Books) #45 inÂ Books > Health, Fitness & Dieting > Women's Health > Menopause #2039 inÂ Books > Health, Fitness & Dieting > Women's Health > General #7007 inÂ Books > Politics & Social Sciences > Social Sciences > Gender Studies

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