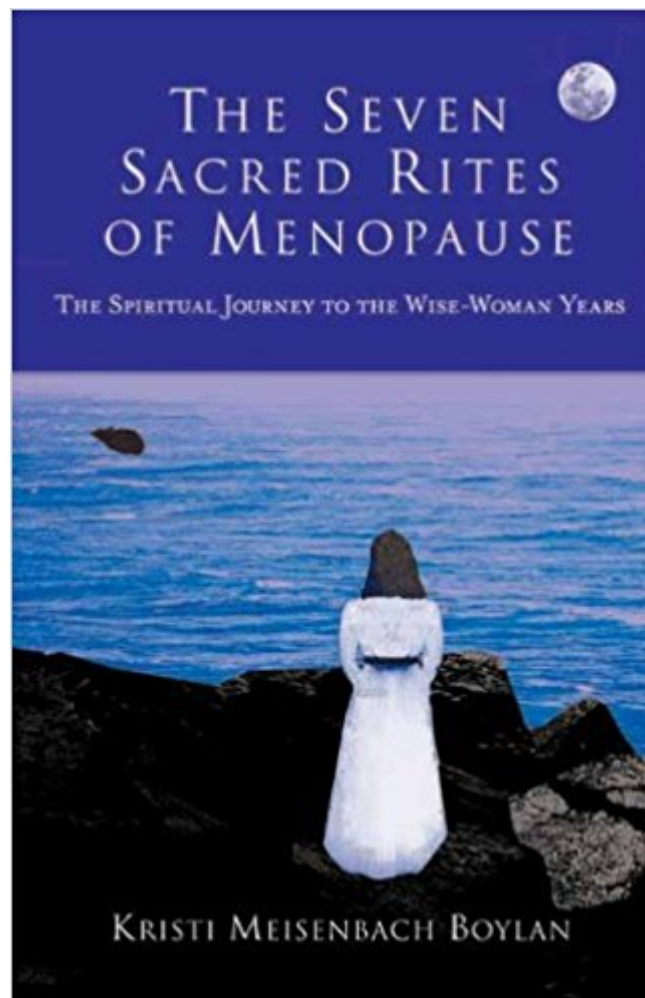




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# The Seven Sacred Rites Of Menopause: The Spiritual Journey To The Wise-Woman Years



## Synopsis

The vast majority of books on menopause do not address what every transitional woman instinctively knows: menopause is much more than just a list of physical ailments; it is a spiritual journey. This book outlines the seven rituals, or stepping stones, that a woman moves through on her menopause voyage, marking her way through midlife. These stepping stones lead her from the childbearing years to the wise-woman years and draw her attention to her changing body. More importantly, they draw attention to a woman's changing spirit. Also included is information on the latest holistic remedies and traditional treatments for menopausal symptoms.

## Book Information

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## Customer Reviews

"A truly uplifting and refreshing treatment of the frequently misunderstood and misinterpreted menopausal transition . . . Highly recommended."  
• Ann Louise Gittleman, N.D., C.N.S., M.S., author, *Before the Change* and *Super Nutrition for*

*Menopause*  
"A unique book that takes women on a fascinating journey into their spiritual and biological being . . . will give them a new insight into the nature of womanhood and the history of women, and will foster the links with their sisters who are passing through this experience all over the world."  
• Dr. Sandra Cabot M.D., author, *Smart Medicine for Menopause*

Kristi Meisenbach Boylan is the former publisher of *The Parent Track Magazine* and began writing about women's issues and the relationship between spiritual growth and fluctuating

hormones after her own menopausal transformation. She lives in Richardson, Texas.

I just read two of the reviews of this book and I am literally dropping everything to attest to my very different experience of this book. As a woman, as someone who has worked to guide women over the last decade to better understand and reconnect with their bodies as a way of better understanding and valuing themselves, and as a graduate of a Master's Program in Women's Spirituality, I cannot recommend this book highly enough. In just over 140 very manageable pages, the author has brilliantly and beautifully illustrated the journey of a woman toward menopause in a way that invites the reader to re-envision her movement through and beyond midlife not as a road toward being even less valued, less beautiful and less powerful but rather, the opposite. It is informative in the physical, intellectual, spiritual and emotional realms of womanhood and ties them all together brilliantly. In fact, this recently became one of the books I recommend most to my clients and friends alike because I believe it is so important in the process of us re-envisioning ourselves and the source of our power, wisdom and beauty as women.

Perfect

As a female minister and teacher, I am so impressed with the way the author frames the menopause experience. I gift this book so often that I find a need to keep a couple copies in my office so they are handy. There are lots of books and sources for medical data about menopause. This book is a spiritual book designed to help women understand that there is more than a biological reason for this transition. Understanding the spiritual opportunities that are inherent in menopause is invaluable in that it gives greater purpose to what might otherwise seem like a cruel joke of the Cosmos. This book is a gem and I highly recommend it!

Beautiful menopausal insights based on the mysteries of Avalon. This book will help you awaken your inner wise-woman and transition to this life change.  
Lisa Michaels  
Author, Creation Coach,  
Speaker  
Nature's Success System: Secrets to Energize Your Health, Wealth and Passion with the  
Feminine Power of Creation  
Elemental Forces of Creation Oracle Cards  
Prosperous Priestess  
Handbook: A Guide to Unlock the Secret Riches of Your Inner Creation Goddess  
Natural Rhythms:  
Connect the Creational Dance of Your Life to the Pulse of the Universe

Though the author tries to draw women in with references to Goddess religion and women's ways of

knowing, it is truly written for the woman who hasn't yet begun her "Goddess journey" on any level in her life. As a priestess, I was very disappointed in the many references to "God" and the negation of Goddess wisdom. The author should have stuck to writing for a patriarchal audience, as matri-focal women will find little value in this.

I was so disappointed in this book. I read passages to my husband and we were in hysterics. I could not finish it, but I browsed. If you are a women in your 40's and need information on this subject, Christine Northrup is a much better option. This book was just plain stupid....I felt like I was reading menopause for 4th graders!

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