

Jean Shinoda Bolen Las Brujas No Se Quejan

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The Writer's Journey - Christopher Vogler 1999

The Writer's Journey is an insider's guide to how master storytellers from Hitchcock to Spielberg have used mythic structure to create powerful stories. This new edition includes analyses of latest releases such as The Full Monty.

The Spiral Dance - Starhawk 2011-09-13

The twentieth anniversary edition of The Spiral Dance celebrates the pivotal role the book has had in bringing Goddess worship to the religious forefront. This bestselling classic is both an unparalleled reference on the practices and philosophies of Witchcraft and a guide to the life-affirming ways in which readers can turn to the Goddess to deepen their sense of personal pride, develop their inner power, and integrate mind, body, and spirit. Starhawk's brilliant, comprehensive overview of the growth, suppression, and modern-day re-emergence of Wicca as a Goddess-worshipping religion has left an indelible mark on the feminist spiritual consciousness. In a new introduction, Starhawk reveals the ways in which Goddess religion and the practice of ritual have adapted and developed over the last twenty years, and she reflects on the ways in which these changes have influenced and enhanced her original ideas. In the face of an ever-changing world, this invaluable spiritual guidebook is more relevant than ever.

Gods in Everyman - Jean Shinoda Bolen, M.D. 2009-10-13

In this challenging and enlightening companion volume to the bestselling Goddesses in Everywoman, Jean Shinoda Bolen turns her attention to the powerful inner patterns--or archetypes--that shape men's personalities, careers, and personal relationships. Viewing these archetypes as the inner counterparts of the outer world of cultural stereotypes, she demonstrates how men and women can gain an invaluable sense of wholeness and integration when what they do is consistent with who they are. Dr. Bolen introduces these patterns in the guise of eight archetypal gods, or personality types, with whom the reader will identify. From the authoritarian power-seeking gods (Zeus, Poseidon) to the gods of creativity (Apollo, Hephaestus) to the sensual Dionysus, Dr. Bolen shows men how to identify their ruling gods, how to decide which to cultivate and which to overcome, and how to tap the power of these enduring archetypes in order to enrich and strengthen their lives. She also stresses the importance of understanding which gods you are attracted to and which are compatible with your expectations, uncovers the origins of the often-difficult father-son relationship, and explores society's deep conflict between nurturing behavior and the need to foster masculinity. In Gods in Everyman Dr. Bolen presents us with a compassionate and lucid male psychology that will help all men and women to better

understand themselves and their relationships with their fathers, their sons, their brothers, and their lovers.

God's Generals - Roberts Liardon 2008

"Chronicles the life and legacy of prominent Christian revivalists, detailing their historical context and significant contributions"--Provided by publisher.

+ *Amor - Medo* - Ricardo Mendes 2020-11-19

A alegria é uma qualidade que surge naturalmente do equilíbrio saudável e da concordância com a vida. Da sensação de que tudo está justo como está e da compreensão de que, para que algo se altere, será preciso caminhar um pouco mais, aprender, conquistar, se deixando invadir pela graça que existe neste processo incessante.

The Millionth Circle - Jean Shinoda Bolen 1999-09-01

A guide to using female connection and empowerment as a force for change. "Short and poetic . . . a fine resource for building community." —Spirituality & Practice The minds and spirits of women are powerful forces, particularly when harnessed in communion with other women. Women's circles have been around for quite some time, and their presence is a healing and strengthening source for many. Furthermore, author and psychiatrist Jean Shinoda Bolen believes that women's circles act as catalysts for change around the world. In this inspiring and spiritual book for women, Dr. Bolen provides both a guide and vision for women seeking purpose and change. Through her poetic language, Dr. Bolen emphasizes to her readers the importance of using their intuition and drawing upon their own insights. In bringing feminine values such as relationship, nurturing, and equality together, Dr. Bolen shares how women create a space for compassionate and radical growth. By focusing on both the psychological and spiritual, women open the doorway for great change and empower one another to be leaders of positive change in their own lives and beyond. In this way, women empowerment itself acts as a tool for societal and psychospiritual change. After all, when strong women join together, who can stop them? Read *The Millionth Circle: How to Change Ourselves and the World* and find . . . A tool for creating positive change Words of insightful and powerful feminine

wisdom A book for women everywhere

Parkinson - Graciela Chiale 2022-08-03

"¿Por qué a mí? es una pregunta que solemos hacernos cuando nos pasa algo que no queremos o no esperamos. Pero Graciela no se quedó solo en la pregunta; ella fue en búsqueda de respuestas, y como la gran comunicadora que es, se expone en este libro, en cuerpo y alma para que su caso, su ejemplo y todo lo que se puede saber y superar de esta enfermedad le llegue a sus "co-padecientes", en un completo estado de resiliencia y generosidad". Este libro consta de dos partes: la primera recorre el proceso de aceptación de la enfermedad de Parkinson. Desde el ¿Por qué a mí?, hasta encontrar el sentido de la enfermedad en sí. Conectarse con el sentir no es fácil, es un proceso que hay que construir internamente y que la autora logra a partir de un duro trabajo de autoconocimiento. En la segunda parte del libro describe el proceso en el cual busca una solución concreta a su problema: la cirugía de estimulación cerebral profunda y los resultados obtenidos con la misma.

Red Moon - M.a. Grant 2013-08-01

Dark, moving and original, a story of family, survival, and getting on with life... Flynn Sinclair understands pack loyalty - for years as his Alpha father's enforcer, he has done things in the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life - something like Evie - but to move forward in the light, he must first reconcile with the dark.

The Tao of Psychology - Jean Shinoda Bolen 1982

Examines coincidental events that individuals find significant, but which

cannot be rationally explained, suggesting ways of using the resulting feelings of universal unity in Jungian therapies and Taoist introspection

The Spiritual Journey of Alejandro Jodorowsky - Alejandro

Jodorowsky 2008-05-27

Jodorowsky's memoirs of his experiences with Master Takata and the group of wisewomen--magiciennes--who influenced his spiritual growth • Reveals Jodorowsky turning the same unsparing spiritual vision seen in *El Topo* to his own spiritual quest • Shows how the author's spiritual insight and progress was catalyzed repeatedly by wisewoman shamans and healers In 1970, John Lennon introduced to the world Alejandro Jodorowsky and the movie, *El Topo*, that he wrote, starred in, and directed. The movie and its author instantly became a counterculture icon. The *New York Times* said the film "demands to be seen," and *Newsweek* called it "An Extraordinary Movie!" But that was only the beginning of the story and the controversy of *El Topo*, and the journey of its brilliant creator. His spiritual quest began with the Japanese master Ejo Takata, the man who introduced him to the practice of meditation, Zen Buddhism, and the wisdom of the koans. Yet in this autobiographical account of his spiritual journey, Jodorowsky reveals that it was a small group of wisewomen, far removed from the world of Buddhism, who initiated him and taught him how to put the wisdom he had learned from his master into practice. At the direction of Takata, Jodorowsky became a student of the surrealist painter Leonora Carrington, thus beginning a journey in which vital spiritual lessons were transmitted to him by various women who were masters of their particular crafts. These women included Doña Magdalena, who taught him "initiatic" or spiritual massage; the powerful Mexican actress known as La Tigresa (the "tigress"); and Reyna D'Assia, daughter of the famed spiritual teacher G. I. Gurdjieff. Other important wisewomen on Jodorowsky's spiritual path include María Sabina, the priestess of the sacred mushrooms; the healer Pachita; and the Chilean singer Violeta Parra. The teachings of these women enabled him to discard the emotional armor that was hindering his advancement on the path of spiritual awareness and enlightenment.

Body Language - Julius Fast 2014-04-01

A revised and updated edition of the *New York Times*-bestselling classic on understanding body language from the author of *Subtext*. *Body Language* helps you to understand the unconscious body movements and postures that provide intimate keys to what a person is really thinking and the secrets of their true inner selves. You will learn how to read the angle of shoulders, the tilt of a head, or the tap of a foot, in order to discern whether an individual is angry, frightened, or cheerful. You will be able to use *Body Language* to discover the most—and least—important person in any group by the way others position themselves. The body is not able to lie, for it sends subtle signals to those who know how to read them. *Body Language* will even show you how to do it without others knowing you are observing them. *Body Language* was a huge best seller when first published and has remained in print ever since. It has been thoroughly updated and revised especially for this ebook edition.

Goddesses in Everywoman - Jean Shinoda Bolen 2004-03-02

A classic work of female psychology that uses seven archetypal goddesses as a way of describing behavior patterns and personality traits is being introduced to the next generation of readers with a new introduction by the author. Psychoanalyst Jean Bolen's career soared in the early 1980s when *Goddesses in Everywoman* was published. Thousands of women readers became fascinated with identifying their own inner goddesses and using these archetypes to guide themselves to greater self-esteem, creativity, and happiness. Bolen's radical idea was that just as women used to be unconscious of the powerful effects that cultural stereotypes had on them, they were also unconscious of powerful archetypal forces within them that influence what they do and how they feel, and which account for major differences among them. Bolen believes that an understanding of these inner patterns and their interrelationships offers reassuring, true-to-life alternatives that take women far beyond such restrictive dichotomies as masculine/feminine, mother/lover, careerist/housewife. And she demonstrates in this book how understanding them can provide the key to self-knowledge and wholeness. Dr. Bolen introduced these patterns in the guise of seven

archetypal goddesses, or personality types, with whom all women could identify, from the autonomous Artemis and the cool Athena to the nurturing Demeter and the creative Aphrodite, and explains how to decide which to cultivate and which to overcome, and how to tap the power of these enduring archetypes to become a better "heroine" in one's own life story.

Claves para atravesar la tormenta - Cecilia Lavallo Torres 2020-07-02
¿Cuánto dura el dolor?, ¿Es sólo tristeza o ya es depresión?, ¿Volveré a sentirme feliz algún día? Esas y otras preguntas se hizo Cecilia Lavallo Torres, periodista y conferencista con más de 20 años de experiencia, cuando murió de cáncer su hijo mayor. En Claves para atravesar la tormenta (mis aprendizajes para vivir el duelo), Cecilia Lavallo sintetiza, de manera clara y sencilla lo que ha aprendido en este proceso. También comparte su propio viaje por la tormenta a través de textos periodísticos que publicó en su momento o de apuntes de su diario personal. "No soy psicóloga ni psiquiatra. No soy terapeuta ni tanatóloga. Soy, eso sí, una mujer de 59 años que vive su duelo, y he tenido grandes aprendizajes, que no quería, claro, pero que tuve que elaborar muy a pesar y con todo mi pesar", escribe la autora. En este libro comparte esos aprendizajes que representan faros para alumbrar el camino de quienes atraviesan por duras adversidades, pero en especial para quienes, por la muerte de un ser que aman, sienten que han naufragado y están a la deriva.

Mulher - Vinícius Alves Gomes Cardoso 2015-01-02

Todos nós a amamos. Em nenhum momento da história não vemos se quer, uma passagem sem sua citação. Não vemos uma que, ao menos, não comente sua integração, participação ou influência, na Vida e na História. Digamos que de fato, é um Ser essencial para a Vida, ou melhor, é o motivo da nossa, pela qual, sem ela não viveríamos e não teríamos um motivo para viver. Nunca, jamais, estivemos sem ela, a nos respaldar, a nos amar e até, a nos atormentar... Aprendemos com ela, com nossas irmãs, nossas mães e avós. Amigas, companheiras, fiéis escudeiras dessa nossa integridade física e psicológica.

Urgent Message from Mother - Jean Shinoda Bolen 2008-04-01

In its original edition, this culmination of Jean Shinoda Bolen's life's work

sold over 25,000 copies. Now in paperback for the first time *Urgent Message from Mother* is a call to action for all the women of the world. This unique combination of visionary thinking and practical how-to seeks to galvanize the power of women acting together in order to save our world. Bolen outlines the lessons we can learn from the women's movement, draws on Jungian psychology and the sacred feminine, and gives powerful examples of women coming together all over the globe and making a significant impact.

Woman Desired, Woman Desiring - Daniele Flamenbaum 2020-05-15
This is a book about women's sexuality and sexual fulfillment that crosses several disciplines and paradigms, and is truly innovative and radical. The book is written for a popular audience--women (and men) who wish to explore the deep roots of their own sexuality in order to find more ease, creativity, and satisfaction in their sexual relations. Included are numerous examples from the author's long experience as a gynecologist who found she had to go beyond the limitations of her Western medical training in order to explain the recurrent gynecological ailments of her women clients. She found successful perspectives and remedial practices through Chinese medicine, psychoanalysis, and a transgenerational approach.

ExtraOrdinarias y Grandiosas; Heroínas de la cotidianidad - Miriam Mejía 2018-01-23

Aquí, revelado en primera persona se encuentran las historias de un grupo de adultas mayores que, en su gran mayoría, nunca antes tuvieron la oportunidad de hablar públicamente de sí mismas, junto a la trayectoria de otras que desde la militancia feminista abogaron por el avance de la mujer. *ExtraOrdinarias y Grandiosas; heroínas de la cotidianidad* es un homenaje a todas ellas, anónimas y conocidas. Un libro que sin lugar a dudas, merece ser asignado como lectura imprescindible para estudiantes de bachillerato, así como ser ponderado y analizado dentro de los estudios de género universitarios.

Lecturas que curan - Diana Paris 2022-08-03

Este libro es una invitación a leer textos literarios terapéuticamente, desde la Psicoterapia Integrativa (PNIE) y su enfoque multifactorial. Los

textos literarios son estos «fármacos» de fórmula secreta que se vienen soñando a lo largo de los siglos. Diana Paris nombra esta modalidad terapéutica como Literatcura: «Una forma de intervención que utilizo hace años para tratar los conflictos vinculares, los trastornos del carácter, los estados de ánimo inhabilitantes y las emociones contrariadas». La literatcura es una verdadera herramienta para reinterpretar al ego, el sufrimiento, el deseo, la autoestima, la contaminación del psiquismo ajeno (redes sociales), la incapacidad para ver lo valioso cuando el estado permanente es la angustia o el sentimiento de derrumbe existencial... Posología, indicaciones y advertencias son siempre personalizadas. No hay un prospecto único: todo depende de la «dosis» metafórica que el sujeto acepte elaborar con la química de su propio verbo-cuerpo-alma. Este libro funciona como una guía práctica para gestionar saludablemente las emociones: porque cuando la herida es tan honda, se impone como prescripción el arte de leer literatura, medicina sagrada.

Kylie Jean Collection - Marci Peschke 2017-07-01

Spelling queen: Kylie Jean is studying hard for the spelling bee at school, but she keeps getting distracted by the kitten that she and her cousin Lucy found.

Las Brujas No Se Quejan - Jean Shinoda Bolen 2005-10

La etapa de la vejez es una época de «maduración» en la que las mujeres pueden consagrar su tiempo, energía y creatividad a lo que en realidad les importa. Jean Bolen nos obsequia con su proyecto: las ancianas no se quejan. Al contrario, las ancianas son atrevidas y confían en sus propios instintos. No imploran; en cambio, sí meditan. Eligen su camino con el corazón. Poseen la fiereza del que defiende lo que más le importa. Dicen la verdad con compasión. Escuchan su cuerpo, se reinventan a sí mismas en función de sus necesidades y saborean la parte positiva de sus vidas.

Goddesses in Older Women - Jean Shinoda Bolen 2001-03-06

At some point after fifty, every woman crosses a threshold into the third phase of her life. As she enters this uncharted territory -- one that is generally uncelebrated in popular culture -- she can choose to mourn what has gone before, or she can embrace the juicy crone years. In this

celebration of Act 3, Jungian analyst Jean Shinoda Bolen names the powerful new energies and potentials, or archetypes, that come into the psyche at this momentous time, suggesting that women getting older have profound and exciting reasons for welcoming the other side of fifty. As Bolen has explained in her remarkable body of work, there are goddesses in every woman, deep archetypal sources of wisdom, authenticity and spirituality that, once tapped, energize us and give us a sense of meaning and self-acceptance. The knowledge of which archetypes are active within us at each phase of life--maiden, mother (or matron), and crone--supports us in making choices that are true to who we are instead of conforming to others' ideas of who we should be. In Bolen's bestselling *Goddesses in Everywoman*, the classic work of the women's spirituality movement, the Greek goddesses personified these archetypes as they affected the first two phases of a woman's adult life. Now she explains that in the third stage, marked physiologically by menopause, there emerges a whole new cast of inner archetypes that a woman can draw on for guidance, creativity, personal integration, and joy. Once we learn to recognize these forces, we can feel empowered and wise, introspective and spiritual, sexually bold and full of mirth. For it is in the "wisewoman" years, when a woman has lived long enough to resolve the tasks of younger and middle adulthood, that she can fully and authentically become who she deeply is. The generation of women who are approaching or who have reached the crone years is historically unique. Influenced by the women's movement, they have benefited from educational opportunities, women's support networks, and economic resources as excellent preparation for decades of active postmenopausal life. By recognizing the goddess archetypes that emerge in this phase, women of this special generation will be enabled to transform the crone years into the best years of their lives.

Psicología de las percepciones interiores - Lily Liu 2021-03-15

La Psicología de las Percepciones Interiores es una nueva rama de la Psicología y tiene sus raíces en la cultura china, especialmente en la Medicina Tradicional China. Con este libro, los autores nos acercan, en un lenguaje actual, las raíces históricas y las técnicas específicas para la

percepción interior. Un modo de percepción en que se basa esta nueva psicología: conocer el mundo a través de la mente que, en lugar de orientarse hacia afuera, se dirige hacia adentro. Esta manera de explorar los principios de la vida se ha aplicado desde la antigüedad con el propósito de mantener una buena salud y lograr una vida longeva. Sin embargo, en el siglo pasado, se ha tendido a un conocimiento abstracto y meramente filosófico de la esencia de la percepción interior. Muchos conceptos como "la unidad del hombre y el cielo", por ejemplo, acabaron siendo símbolos culturales de filosofías antiguas. El hecho de que este concepto se refiera a un estado perceptible en el que el ser humano está conectado al cielo por medio del qi, apenas se conoce hoy día.

Considerar la vida desde una perspectiva holística y más abarcadora puede ser hoy parte de una moda, pero son pocos quienes experimentan el sentido real de estar conectados interna y externamente con el cielo y la tierra. Diferente, entonces, de la metodología de la investigación moderna, en la que la mente se orienta hacia lo exterior y es fundamentalmente objetiva (no-subjetiva) a percepción interior implica dirigir la mente hacia nuestro interior para nutrirla y reforzar su poder.

Healed of Cancer - Dodie Osteen 1986-07-01

Close to the Bone - Jean Shinoda Bolen 2007-04-01

"Myths, stories, prayer, touching, visualization, rituals, and especially love are some of the tools and wisdom that this extraordinary book gives us."—Isabel Allende Whether it's a personal health crisis or sickness a loved one is experiencing, none of us escape this life without encountering some form of illness or death. While we can try to ignore the reality, internationally known author and speaker Dr. Jean Shinoda Bolen suggests we do the exact opposite: face it. By encountering the frightening world of serious illness and death, we can better uncover how it gives us purpose. While encountering sickness is inevitable, healing often seems harder to come by. We are left broken open when serious illness hits. While there is no single key to recovery, it is rare to find healing without first addressing the pain. This book serves as a guide to finding purpose in the pain. Through practicing self-compassion

and empathy for others, and actively listening and learning, we set ourselves on a path to thoughtfully unravel the process of finding hope. Read Dr. Bolen's *Close to the Bone* and find . . . · An insightful book for anyone living with a life-threatening illness (or caring for a loved one who is ill) · Encouragement for facing the trials and trauma of illness by relying on the wisdom we all have within · A supplemental guide for those who want to form support circles "A finely polished mirror for the healing heart and body. An important statement of theories and practices which have aided many in the course of their illness and recovery."—Stephen Levine, bestselling author of *Unattended Sorrow*

Like a Tree - Jean Shinoda Bolen 2020-12

From their anatomy and physiology to trees as archetypal and sacred symbols, Bolen expertly explores the dynamics of ecological activism, spiritual activism, and sacred feminism. In *Like a Tree* she invites us to join the movement to save our rooted friends.

[Island Beneath the Sea](#) - Isabel Allende 2010-04-27

"Allende is a master storyteller at the peak of her powers." — Los Angeles Times From the sugar plantations of Saint-Domingue to the lavish parlors of New Orleans at the turn of the 19th century, the latest novel from New York Times bestselling author Isabel Allende (*Inés of My Soul*, *The House of the Spirits*, *Portrait in Sepia*) tells the story of a mulatta woman, a slave and concubine, determined to take control of her own destiny.

Close to the Bone - Jean Shinoda Bolen 1998-04-03

The author of the best-selling *Goddesses in Every Woman* examines the experiences of the seriously ill from both a spiritual and pragmatic viewpoint and discusses how facing mortality can be a life-transforming process. Reprint. 20,000 first printing.

Natural Healing in Gynecology - Rina Nissim 1986

Suggests herbal treatments for menopause, vaginal infections, and menstrual ailments, and explains why natural healing is superior to modern medical practices

When The Drummers Were Women: A Spiritual History of Rhythm -

Layne Redmond 2021-08-05

For millennia, the sacred drummers of pre-Christian Mediterranean and western Asia were women. In this inspiring book, Layne Redmond, herself a renowned drummer, tells their history. Artistic representations reveal that female frame drummers carried the spiritual traditions of many of the earliest recorded civilizations. During those ancient times, the drummer-priestesses held the keys to experience of the divine through rhythm. They were at the center of the goddess worship of matriarchal societies until the ascendance of patriarchal cultures and the loss of drumming as a spiritual technology. With wisdom and passion, Redmond chronicles our species' deep connection to the drum, our rich heritage of inseparable spirituality and music, and the modern-day women reclaiming it. This book encourages readers—both women and men—to reestablish rhythmic links with themselves, nature, and other people through the power of drumming. Redmond illustrates her message with an extensive collection of images gathered during ten years of research and travel. Woven throughout the book are strands of ancient ritual and mythology, personal stories, and scientific evidence of the benefits of drumming. It is at once a history, a memoir, and a resounding call for spiritual and social renewal.

Crones Don't Whine - Jean Shinoda Bolen M. D. 2011-05-14

"For women there is nothing more liberating than age if we learn to use our energy, power and compassion." -- Back cover.

Meeting the Shadow - Connie Zweig 2020-07-07

The author offers exploration of self and practical guidance dealing with the dark side of personality based on Jung's concept of "shadow," or the forbidden and unacceptable feelings and behaviors each of us experience.

Las brujas no se quejan - Jean Shinoda Bolen 2011-07-01

La innovadora obra de Jean Shinoda Bolen que precede a este libro (en especial Las diosas de cada mujer) contribuyó a que una generación entera de mujeres tomara conciencia de su potencial y valía. En este nuevo texto, Las brujas no se quejan, el jocoso sentido del humor y la agudísima introspección de la doctora Bolen se alían para ofrecer a las mujeres trece cualidades que cultivar. Si nos comprometemos a llevar a

cabo estos pequeños ejercicios, seremos más felices y, asimismo, aportaremos nuestro granito de arena para lograr que este mundo sea un lugar mejor. "Estas cualidades no se cultivan de la noche a la mañana", escribe Bolen. La etapa de la vejez es una época de "maduración" en la que las mujeres pueden consagrar su tiempo, energía y creatividad a lo que en realidad les importa. Jean Bolen nos obsequia con su proyecto: las brujas no se quejan. Al contrario, las ancianas son atrevidas y confían en sus propios instintos. No imploran; en cambio, sí meditan. Eligen su camino con el corazón. Poseen la fiereza del que defiende lo que más le importa. Dicen la verdad con compasión. Escuchan su cuerpo, se reinventan a sí mismas en función de sus necesidades y saborean la parte positiva de sus vidas. No deje usted de recurrir a estos trece capítulos breves, en los buenos y en los malos momentos, sola o con otras personas... porque "las brujas juntas pueden cambiar el mundo".

The Courage to Heal - Ellen Bass 2002

Based on the experiences of hundreds of survivors & partners, this book profiles victims who share the challenges & triumphs of their personal healing processes. It offers mental, emotional & physical support to all those who are rebuilding their lives.

Mujer empoderada - Elvira S. Muliterno 2012-02-01

Este libro explica de forma sencilla y práctica cómo puede, cualquier mujer, mejorar sus vida interior y en consecuencia su presencia en el mundo, en su casa, en sus relaciones familiares, de pareja o sociales. Elvira S. Muliterno, prestigiosa pensadora pionera en procesos de empoderamiento para mujeres, introduce por vez primera en España este concepto, como una estrategia eficaz para defender y ensalzar la esencia de lo femenino y su auténtico valor. Es un libro pensado para la mujer que busque o reclame un espacio valioso en el hogar, en la pareja, en la empresa o en la sociedad. Podrá autoevaluarse y reconocerse como ser humano. Este es un libro integrador, asegura su autora, muy necesario para las mujeres actuales, que vivimos en la igualdad legal, pero funcionamos aún con automatismos pasados que nos generan infelicidad y angustia interior. El libro consta de seis capítulos a lo largo de los cuales se desgranar los aspectos o procesos de pensamiento en los

que una mujer de estos tiempos atraviesa, ofreciendo fórmulas para encontrar respuestas propias. La primera parte del libro se titula toma conciencia de las ideas feministas heredadas; la segunda, toma conciencia de lo que hay dentro de ti; y la tercera, empodérate, donde la autora se centra en los objetivos de la nueva mujer, en qué obstáculos encontrará por este camino y en cómo es de poderosa, para que actúe y cumpla sus sueños. Un obra revolucionaria en el ámbito del pensamiento en torno a la mujer.

The Last Gift of Time - Carolyn G. Heilbrun 2011-07-20

From the author of *Writing a Woman's Life* comes an inspirational reflection on aging and the gift of life in your 70s and beyond. When she was young, distinguished author and critic Carolyn Heilbrun solemnly vowed to end her life when she turned seventy. But on the advent of that fateful birthday, she realized that her golden years had been full of unforeseen pleasures. Now, the astute and ever-insightful Heilbrun muses on the emotional and intellectual insights that brought her "to choose each day for now, to live." There are reflections on her new house and her sturdy, comfortable marriage; sweet solitude and the pleasures of sex at an advanced age; the fascination with e-mail and the joy of discovering unexpected friends. Even the encroachments of loss, pain, and sadness that come with age cannot spoil Heilbrun's moveable feast. They are merely the price of bountiful living.

Radical Forgiveness - Power Pack - Colin Tipping 2007-07-01

Intends to empower you to make Radical Forgiveness work for you in your everyday life. This pack gives you approximately five hours of video recording of the author speaking directly to you about Radical Forgiveness, the tools it provides, the metaphysical underpinning of the approach, and how to really apply it in your own life.

La suma de los días/ The Sum of Our Days - Isabel Allende 2017-07-11

En *La suma de los días*, Isabel Allende narra con franqueza la historia de su vida y la de su peculiar familia en California, en una casa abierta, llena de gente y de personajes literarios, y protegida por un espíritu; hijas perdidas, nietos y libros que nacen, éxitos y dolores, un viaje al mundo de las adicciones y otros a lugares remotos del mundo en busca

de inspiración, junto a divorcios, encuentros, amores, separaciones, crisis de pareja y reconciliaciones. También es una historia de amor entre un hombre y una mujer maduros, que han salvado muchos escollos sin perder ni la pasión ni el humor, y de una familia moderna, desgarrada por conflictos y unida, a pesar de todo, por el cariño y la decisión de salir adelante. ENGLISH DESCRIPTION Narrated with warmth, humor, exceptional candor and wisdom, *The Sum of Our Days* is a portrait of a contemporary family, tied together by the love, strong will, and stubborn determination of a beloved matriarch, the indomitable New York Times bestselling author of *The House of the Spirits*, Isabel Allende. "An inspiring and thought-provoking work." -Denver Post Isabel Allende reconstructs the painful reality of her own life in the wake of the tragic death of her daughter, Paula. Narrated with warmth, humor, exceptional candor, and wisdom, this remarkable memoir is as exuberant and as full of life as its creator. Allende bares her soul while sharing her thoughts on love, marriage, motherhood, spirituality and religion, infidelity, addiction, and memory—and recounts stories of the wildly eccentric, strong-minded, and eclectic tribe she gathers around her and lovingly embraces as a new kind of family.

Lunáticas - Ximena Ianantuoni 2014-07-01

Lunáticas es una guía para que las mujeres puedan conectarse con la naturaleza más profunda que las une al ciclo lunar.

Artemis - Jean Shinoda Bolen 2014-09-01

"Jean Shinoda Bolen provides ancient and modern ways to be our authentic, courageous, and passionate selves. Jean herself is an Artemis."—Gloria Steinem Worshiped in Ancient Greece as a protectress of young girls, Artemis was the goddess of hunting, nature, and chastity—the original "wild woman." In *Artemis*, Jungian analyst and bestselling author, Jean Shinoda Bolen, revives the goddess Artemis to reclaim the female passion and persistence to survive and succeed. But an indomitable spirit isn't just reserved for the gods. In her book, Dr. Bolen revives the myth of Atalanta, an archetypal Artemis and mere mortal. To Atalanta, fate was no obstacle. Left to die because she was born a girl, she faces the Calydon Boar and outruns any man attempting

to claim her as his wife. In *Artemis*, women are encouraged to discover their inner heroine—the activist who never gives up, who cannot be subdued. Whether women’s rights activists or Princess Merida from *Brave*, the Artemis personality is embodied in the modern women. Hailed by Isabel Allende, as a “beautiful, inspiring book,” *Artemis* is dedicated to all women and girls who discover her unconquerable spirit in themselves or others. Inside find: · Examples of Artemis in real-life and popular culture · Ancient and modern ways to be your authentic self · A source of strength, power, and integrity “Bolen connects Artemis to contemporary figures such as environmental activist Julia Butterfly Hill, author Cheryl Strayed, and journalist Lara Logan . . . Bolen also

discusses other goddess archetypes, including the romance-oriented Aphrodite, contemplative Hestia, and Hecate, the wise crone. The exploration of Artemis and Atalanta as feminist icons is compelling.”—Publishers Weekly

+ [Amor -Miedo](#) - Ricardo Mendes 2020-11-18

La alegría es una cualidad que surge naturalmente del equilibrio saludable y de la concordancia con la vida. De la sensación que todo está justo como está y de la comprensión de que, para que algo se altere, será necesario caminar un poco más, aprender, conquistar, dejándose invadir por la gracia que existe en este proceso incesante.