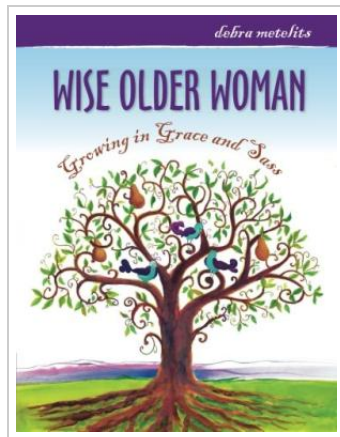



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Wise Older Woman: Growing in Grace and Sass (Paperback)

By Debra Metelits

Debra Metelits, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ever feel invisible, as if you were unable to compete with air-brushed images of young beauty? Ever feel inhibited about putting on a bathing suit or taking a central spot on the dance floor --- at your age ? Ever feel you are no longer necessary as a vital part of your family or community? Ever feel weary of the changes that aging has brought, and frightened about the future? Even lose sight of the fact that wisdom is derived from accumulated experience and insight? This book is a result of the author's own wrestling (and then dancing!) with each of these issues. You, too, can free yourself from false, self-limiting ideas about becoming an older woman. This is a book about delighting in yourself, just as you are today, with specific ideas about how to continue to grow in courage, joy, and confidence. Wise Older Woman: Growing in Grace and Sass is a cornucopia of 52 affirmations of wit and inspiration about aging, drawn from sources as diverse as contemporary comedians to multiple ancient spiritual traditions. Inside are gentle reflections...



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