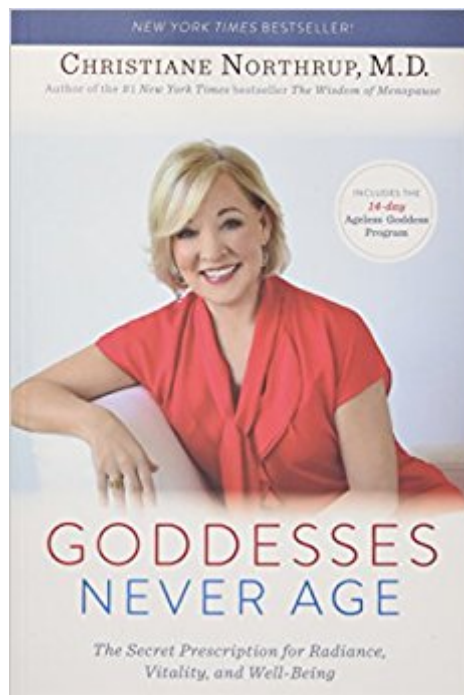




The book was found

Goddesses Never Age: The Secret Prescription For Radiance, Vitality, And Well-Being



Synopsis

Though we talk about wanting to age gracefully, the truth is that when it comes to getting older, we're programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this profoundly empowering book, we have it in us to make growing older an entirely different experience, for both our bodies and our souls. In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of ageless living, from rejecting processed foods to releasing stuck emotions, from embracing our sensuality to connecting deeply with our Divine Source. Explaining that the state of our health is dictated far more by our beliefs than by our biology, she works to shift our perceptions about getting older and show us what we are entitled to expect from our later years no matter what our culture tries to teach us to the contrary including: Vibrant good health A fulfilling sex life The capacity to love without losing ourselves The ability to move our bodies with ease and joy Clarity and authenticity in all our relationships especially the one we have with ourselves And she brings it all together in a 14-day Ageless Goddess Program, offering tools and inspiration for creating a healthful and soulful new way of being at any stage of life.

Book Information

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Customer Reviews

Christiane Northrup, M.D., board-certified ob/gyn, former Assistant Clinical Professor of ObGyn at Maine Medical Center, New York Times best-selling author, is a visionary pioneer and the world's foremost authority on everything that can go right with the female body! Dr. Northrup is a

leading proponent of medicine that acknowledges the unity of mind, body, emotions, and spirit; internationally known for her empowering approach to women's health and wellness, she teaches women how to thrive at every stage of life. Dr. Northrup stays in touch with her large community worldwide through her Internet radio show Flourish!, Facebook, Twitter, her monthly e-letter, and her Web site, www.drnorthrup.com.

I love the message .. Christiane has been a favorite mentor of mine for over a decade. I saw her live in NYC and in Maine. She always makes me smile and feel lifted up and soooooo happy and proud to be a woman! She is honest and smart and a beautiful role model. Yes.... Buy the book and embrace every moment on this planet with her guidance!!!! I am 68 and she has guided me since I was 53!!! And now you can Listen to her on Hay House Radio. Peace goddesses!!!! Love it!! P.s. I was a career counselor and self development facilitator.... So I am a tough critic!!

Wonderful book. It covers a lot of information any woman can use and needs. I am 83 years old and a retired RN and I benefited very much from reading this book.

Wisdom and brilliance in action. After reading just the first chapter I found tips I'd never heard Dr Northrup share on her radio show, books or Public Broadcasting. So you see, even if a long term fan like I can learn something new then you, as a new fan of Christiane Northrup will benefit greatly by starting to read this today.

Dr. Northrup has written a book that would be great for any woman starting at age 20. Her information is good and her willingness to talk about the psychological aspects of women (that really do differ from men) is good. If you've read a lot of new-age types of books, some of this may seem remedial to you. But, it's always good to have a refresher. I really like Dr. Northrup's expression of her own pain and vulnerabilities. It's good because it's not "some anonymous person" she's writing about. She is a goddess for our times, especially when women have so few role models about how to age past 55.

There are some useful health tips but you have to wade through a lot of fluff to get to them. I have enjoyed Dr. Northrup's books in the past but this one didn't hold my attention at all.

A gal's doctor...wish I'd run into her decades ago when I was trying to get my peri-menopausal

diagnosis or even as a young woman when mom had hesitated to divulge. Pre mid-life, went through four ob/gyns until I found a hormone specialist, unheard of then. Dr. Northrup is the real thing and certainly puts a woman's perspective in her professional advice and hope for all of us aging goddesses. Many great pointers in her book for ladies of the younger or accomplished ages. A blessing to our gender and overall, woman and mankind!!'d give the book a 5 star except some of it will be too deep for some....

Much of this was old news to me. Some good information supporting healthier eating, spiritual and physical habits. Also helpful information on appropriate ranges for blood tests. Very long, somewhat repetitive, but worth reading, especially for people relatively new on this path of goddess enlightenment.

Every woman after 50 ought to read this book. The author is very clear that women are in control of their aging. She explains that there's a difference with getting older and aging. Aging is optional. She talks about genetics, the influence of beliefs and thoughts about life and yourself, promoting excellent health, exercise, use of supplements and more. There's a big emphasis about attitude as a key factor in being an ageless goddess. The author presents an abundance of excellent information that is most inspiring. A must read.

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