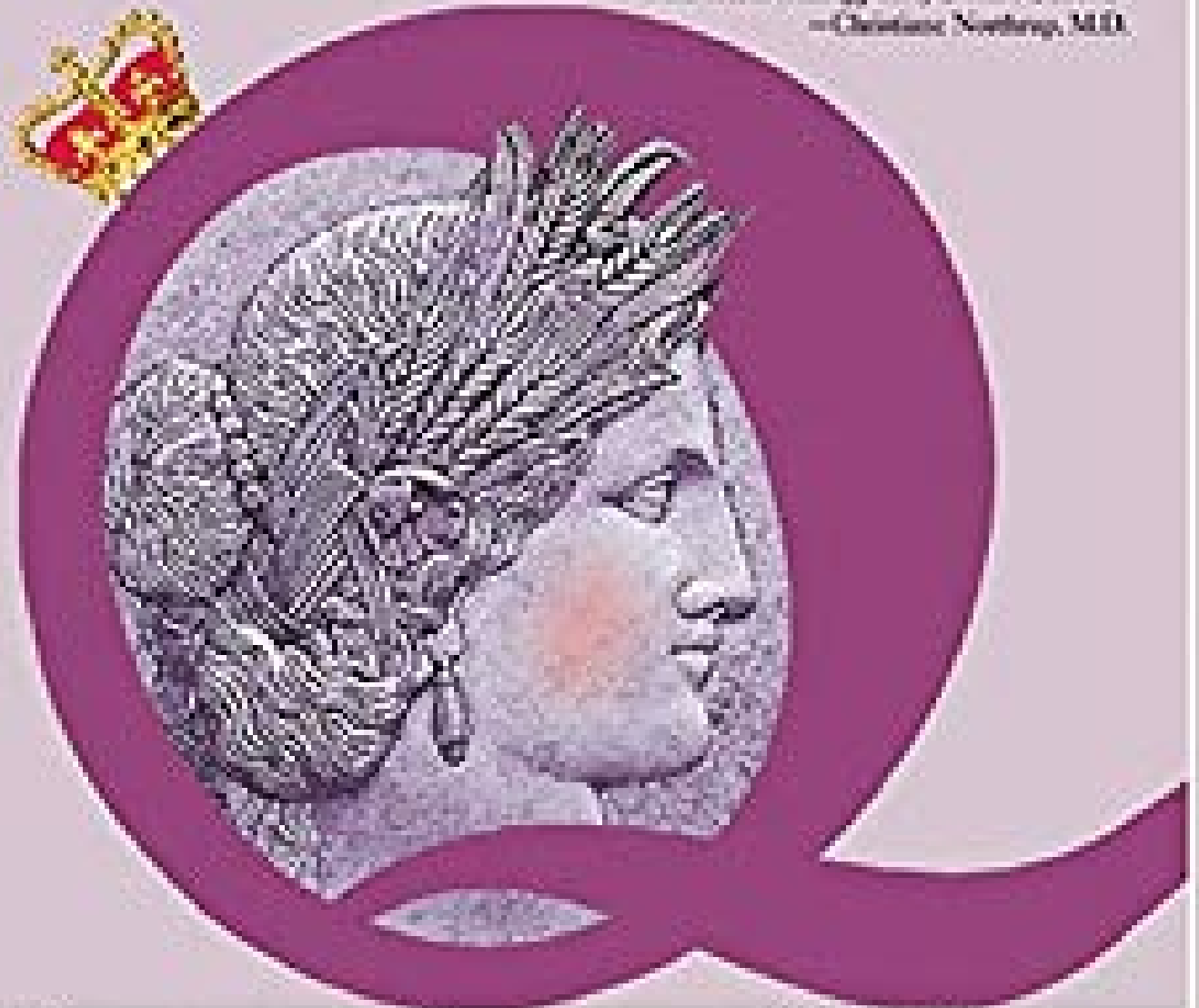


The Queen of My Self

"Finally, an archetype of midlife power and maturity that I can relate to—The Queen. Thank you Donna for providing this much needed missing piece of women's wisdom."
—Christiane Northrup, M.D.



Stepping into Sovereignty in Midlife

DONNA HENES

FOREWORD BY FRANCESCA DE GRANDIS

Donna Henes

The Queen of My Self: Stepping Into Sovereignty in Midlife



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Great book. Certainly to youthful to be a Crone! Nice food for thought about how we, as women, age group and will claim our full spiritual selves in this world. I frequently would need to remove my glasses (that already have a bifocal) and hold the book up to my face in order to read them. The annals of the ladies who had been honored years eliminated by and what they represented was an eyes opener for me personally.! Can't wait to learn the whole book. The book provides a immediate, honest, and intelligent accounts of what this means to transition to and become at a stage between "mother" and "crone"--to changeover to and be at mid-life. It really is definitely appropriate for goddess-inspired readers, but it is appropriate for anyone who is open-minded in their method of spirituality/life (another great book for open-minded spiritual seekers can be Fr. Richard Rohr's "Falling Upward: A Spirituality for the Two Halves of Life"). Goddess Save the Queens!The book is, in short, uplifting. Five Stars nice Service & book I have purchased several books through Amizon in "like new" and "good" shape and have been extremely satisfied. She speaks to us middle-age ladies in a new, open and refreshing way. A great book for ladies in mid life who are ready for another chapter in their lives.!! Nice food for considered how we Good book. Great book Great book recommended reading for women of all ages This is an excellent book for women of most ages, not just the "mid life" ones.The font of the quotations is just a little hard to read, as another reviewer described, however they ARE worth squinting or taking out a magnifier for, because you can learn from and become inspired by them.! What a fantastic concept! This reserve helped me to appreciate what I provide to this world and to recognize just how much more I have in me. It offers great support and encouragement to end up being our true completely expressive feminine selves, a genuine life saver in today's troubled occasions. Donna Henes has stuffed that space with the fully empowered Queen! Her tales and the stories of other females illustrate the techniques a woman will take towards he Queendom and the passage through. Wonderfully written and pleasurable read! Slow Start - But WORTHWHILE! I am 50 something, and eagerly looked forward to this book. Primarily I was disappointed. It seems to log off to a slow and self aggrandizing start the area of the author. Also, as a publication written for ladies in middle age, the color and size of the font is normally perplexing - especially the script used for the poems scattered liberally throughout. Uplifting! A reserve that puts into words what I've been feeling Henes enlightened me personally and expanded my understanding of what this means to be in the idea in life where you are 'neither young nor old'.As for the most recent book "The Queen of Myself" I could immerce myself immediately. Her ideas for declaring our "queenhood" are insightful, fun and expanding. It is a new start for all of us facing all of the changes - physical, psychological and mental - that people encounter as we get into this phase of our lives. Really worth the price of entrance!! It has always felt, if you ask me, that there was an area missing between Mom and Crone. Highly recommended! Very intersting book This book has been suggested by a friend and its own really very interesting. One of the bests in this subject. However, I stuck it out and was well rewarded. I bought this book from the author's website and have sinced purchased two copies from Amazon to share with sisters who are around my age.



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