

THE
AGELESS
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KAREN SANDS »

VISIONARIES
have **WRINKLES**

**Conversations
with Wise Women Who
Are Reshaping The Future**

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Karen Sands

Visionaries Have Wrinkles: Conversations with Wise Women Who Are Reshaping The Future



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Women visionaries talk about their no-holds-barred inspirational factors of view on getting older boldly, wisely, and visibly to reshape the near future for all those. Females like Elly Guggenheimer, Carole Hyatt, Marion Woodman, Belvie Rooks, Josie Cruz Natori, and many more bring their unique presents and wisdom to the problem of aging and what that procedure demands folks. These women don't simply tell it like it is. Perhaps because they are keenly conscious that their period is bound, they have wasted no time pretending to be significantly less than who they are-extraordinary females living their visions with an increase of passion, wisdom, and concentrate than ever before, not despite their age but because of it. The same women who proved helpful to shatter the cup ceiling are now soaring beyond the silver ceiling, and in doing so, they are leaving a visionary legacy for generations to arrive. Join Karen Sands, ICF & CCE Master Certified & Board Certified Mentor, Transformational GeroFuturist for insightful, inspirational, truthful conversations with innovators, activists, performers, teachers, healers, and leaders-women who have stepped beyond society-imposed (and self-imposed) limitations on females and targets about how we ought to age group and who we have to maintain our fifties, sixties, seventies, eighties, and beyond. They tell it like it can be. This is true for us as well: There is indeed much more for us to live in the time remaining to us. We need not age just how we're "supposed" to-quietly, gracefully, invisibly. Because when has our generation ever done what it's likely to do? For all of us.



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Agelessness personified A couple of weeks when i finished reading Visionaries Have got Wrinkles I have come to a renewed appreciation for its content. How it could have been, and may yet be, for females to learn directly from each other about our very own lives.e. some familiar.. Agelessness personified. These women all discovered their voices by being themselves and in that way their stories are koans.You're bound to catch a glimpse of somebody you understand in these interviews. For me, as an active 94 year-old, the cards reflected the courage to counteract the stereotypes of maturing; Inspiring Cards Deck to Make use of With Close friends or Alone! Couldn't put the book down! Let's Hear it For the Crones! Fascinating interviews -- inspiring book I just received this book in the mail and go through it from cover to cover - We couldn't put it down. She asks the right queries as she engages in dialogue with each girl, so this reads even more like a series of intimate conversations where you are a fly on the wall structure than a publication of interviews. In effect, Karen, as she weaves the conversations jointly and adds her own commentary by the end, turns into a fourteenth interview. i really like reading these and answering these questions to myself i really like reading these and answering these questions to myself. have lines and wrinkles). I discovered something from each conversation that helped me think about my own post-sixty-five route. I gained wisdom, courage, and a renewed feeling of purpose. I know that you'll too. Delighted and worked up about this book! This includes the author/interviewer, Karen Sands, who, through her incisive queries, her humor, and the tales she shares as she starts each chapter, reveals herself to become a visionary in her personal right. These females are amazing and I liked hearing their tales and learning about their outlook on ageing gracefully.. Inspiring Reading These interviews with groundbreaking feminists of most walks of life, who are now in their elderhood, reminded me what feminism was originally all about: finding our genuine voices as women, defining ourselves in our own terms, determining for ourselves our whole women's life trip. My because of Karen Sands for sharing her passion with most of us. In Visionaries Have Lines and wrinkles, Karen Sands interviews thirteen remarkable ladies you will be delighted to meet up. The interviews are therefore varied, so abundant with content, and offer a personal glimpse at some influential ladies in a number of fields. We have so much to understand from the ladies that . I possibly could not put it down I was immediately attracted to this book and the deck of cards certainly are a beautiful bonus. I appreciated the "reflections" element of each chapter, as I enjoyed the opportunity to consider my own aging journey. And today, because of Karen Sands, we are able to add to the life journey of authentic feminine self-actualization how ladies are suffering from their elder years.As someone approaching my elder years, Visionaries Have got Wrinkles changed my very own targets for what's ahead at every level, emotional, intellectual, physical, and spiritual. The deck encourages us to be retrospective along with envision what we want for our futures. Initially, although enraptured by the ladies's tales I was a bit disappointed that many of the types Karen Sands interviewed didn't or wouldn't specifically talk about what it designed to them to be older (i. It made me realize that the women who have eliminated before me have already reshaped what my potential can be because of how they resided their personal lives. The "Reflections" sidebars included in each chapter pose thought-provoking questions drawn from each conversation for the reader to contemplate (or for a course or study-group), and in the Epilogue the writer voices her very own thoughts and encourages each of us to empower ourselves as lifelong visionaries. But read it.D. The ladies I met through this publication are intellectually vigorous, inspiring, evolving, and exciting as much for their individual life stories, for their diverse perspectives on a lifestyle well-lived through every age. Read it whatever your job or sexual orientation or personal enthusiasm to learn what wealthy, fulfilling lives lived really are made of. Rx for Empowered Aging As a naturopathic doctor who works with people who are proactive about healthy living on every level and specifically as they age, I have often "prescribed" Visionaries Have Wrinkles as an excellent, even essential book for anybody who seeks assistance for aging well. Although structured around lively conversations with females, its messages on living from mid-lifestyle on with meaning, relevance, personal power, and selfhood intact are important for everybody. Read it in case you are one of the emotionally courageous males of our time who's truly focused on gender equality. I am thrilled and delighted to recommend this reserve.This is not a book to read all at one time, but better savored, one conversation at a time, to find the whole deep and inspiring experience.Blessings~ and congrats on your own new book!.. this publication and the deck of cards certainly are a beautiful bonus. Deep & I possibly could not put it down. The tales of real females with profound lessons and insights to truly living a happy life that are shared here are truly amazing and produced me

feel just like I was totally taking care of myself by getting dropped in the deck of cards while associated with so many women that have so much to share. Thank you Karen for this beautiful collection of Visionary females and their stories. So inspiring... Every story was compelling and each female taught me some precious lessons, often talking with my own personal issues. Some of these Visionaries were not used to me; Also, they are really good in a group to share answers and ideas. Karen Sands' Epilogue pulled everything together for me -- profoundly inspiring!. Now I am aware that they just wished to talk about how these were living their lives irrespective of chronology. We have so much to understand from the women that came before us, and the women with whom we walk our paths. Ms. Sands has gathered the wisdom from empowering, intriguing stories and developed an easy-to-use (and very clever) card deck for reflecting on our lives and our goals. I could observe how these gems can be shared with a group of close friends, but I use them for personal reflection period. A must read for women and their families Inspiring tales behind the women that have shaped our lives and helped build the building blocks of our future. A wonderful present of 52 cards with empowering and inspiring thoughts, from aging to reinventing and transforming our lives and work. I appreciated using the easy to read cards at a party with men and women friends. These flexible cards opened up a deep discussion with my granddaughters and daughters about taking on way too many commitments and slowing down. Reading the book was like an initiation, a rite of passage, hearing what the smart grandmothers have to educate me about my future as an associate of the grandmother group--and in a genuine way, and earthy way, a genuine way. Maybe even a reflection of yourself. they brought credibility to the wisdom that grows with age. The text messages on the cards present questions that allow for deeper exploration of growing older. Cecelia Hurwich Ph. Go through it if you are a youthful woman to find the genuine roadmap for your trip from the women who lived it. Smart Questions, Remarkable Responses Go through thirteen different and powerful interviews with interesting, thoughtful, courageous, inspiring women; some familiar, some illuminating, some stunning and all inspiring. Personally i think positive about my potential as I age into my wisdom and my future. Karen Sands asks great queries and the resulting book is a huge gift for both women and men.



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