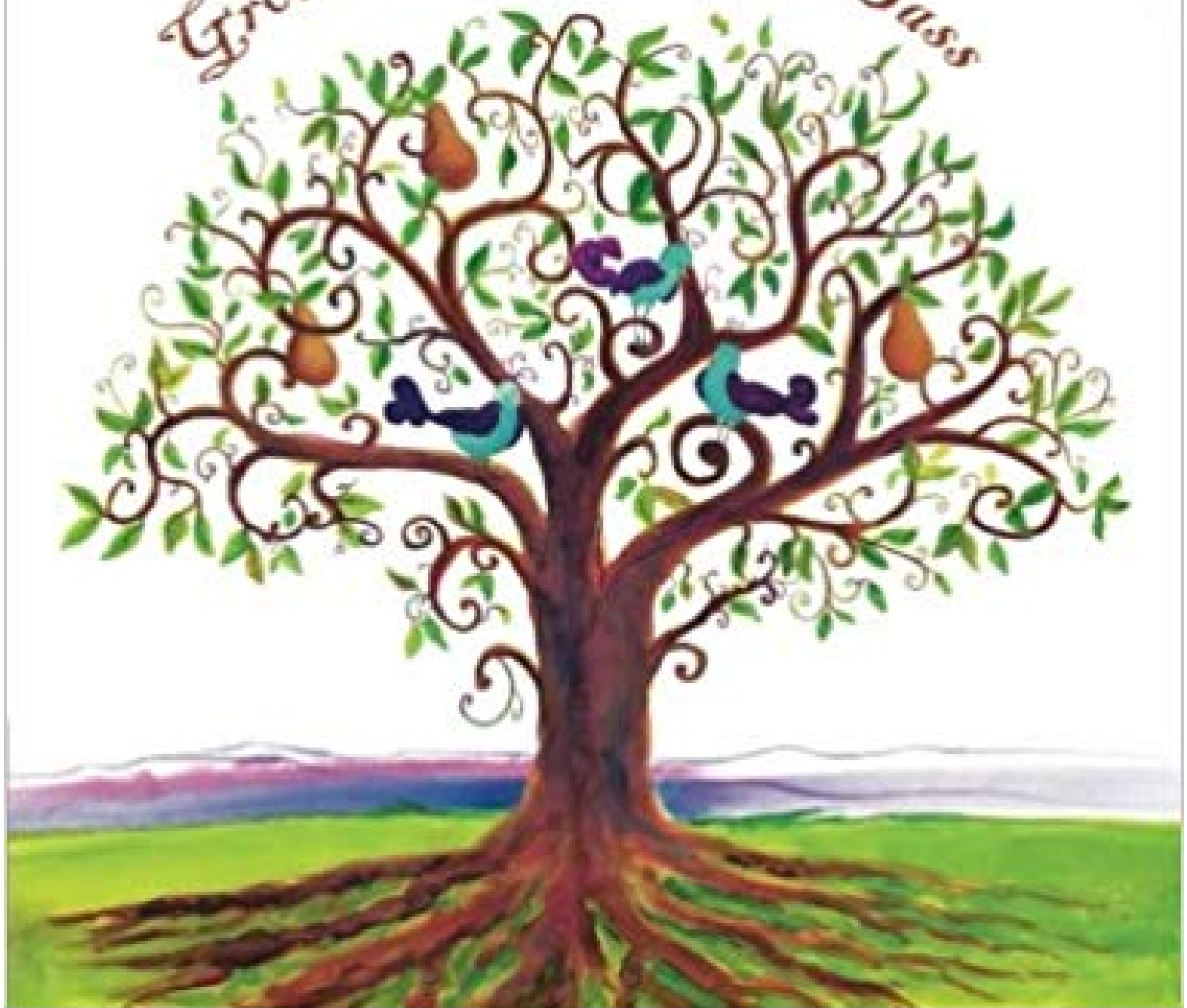


debra metefits

WISE OLDER WOMAN

Growing in Grace and Guss



Debra Metelits

Wise Older Woman: Growing in Grace and Sass



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Ever feel “invisible”, just like you were unable to contend with air-brushed images of young beauty? Ever experience weary of the changes that aging has taken, and frightened about the near future? Ever feel you are no more necessary as a vital part of your loved ones or community? Ever experience inhibited about putting on a bathing suit or taking a central spot on the dance floor —“at your age”? Also lose sight of the fact that wisdom is derived from accumulated encounter and insight? This is a publication about delighting in yourself, just when you are today, with specific tips about how to keep to grow in courage, joy, and confidence.) with each of these issues. You, too, can free of charge yourself from false, self-limiting tips about becoming a mature woman. This book is a result of the author’s own wrestling (and dancing! May this publication nurture you as you develop more and more into being your personal Wise Older Woman! Inside are gentle reflections to greatly help your spirit soar, thought- provoking questions to explore on paper, whimsical pictures that you should color, and breathing exercises to improve your affirmations. Wise Old Woman: Developing in Grace and Sass is a cornucopia of 52 affirmations of wit and inspiration about ageing, drawn from resources as diverse as modern comedians to multiple historic spiritual traditions.



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Acceptance and Advancement In this fantastic new inspirational book, author Debra Metelits demonstrates without preaching that growing older is a period of acceptance, healing, and rejuvenation. I also like that fact there are beautiful lithographs which you can use as coloring page; Wise Older Girl ROCKS! Metelits gently manuals her readers to lead a life free of fear. Good Very interesting reading. Every week I compose down among the book's affirmations on an index cards and post it where I will see it multiple situations. With candor, wit, and insight, Metelits displays us that the smart older woman targets what she has gained, rather than what she has lost.. I've given copies of "Wise Older Woman" as presents when visiting friends in my own travels.", implying that progress to acceptance of your respective older, true self begins in little guidelines that later accumulate into the larger knowing that the older female continues to be a " 'precious child of the universe. ' "I recommend this book to any woman who's having a milestone birthday or has already arrived there also to any spouse or significant other who wants to understand and support the aging woman. I also believe this reserve is an excellent gift to give to friends because they age. Friends will appreciate the book as if the book itself had been another friend.I'm so happy I read and continue to re-read this book." This encounter combines light humor with soul-searching ideas from deep thinkers to help a nice ride to the ultimate celebration of life. Packed filled with wisdom! Debra Metelits offers accomplished something wonderful: she's put together a lovely book with breathtaking artwork, the perfect composing and the most fitting quotations for a myriad quantity of topics having to do with aging soundly and wisely. This book is funny, it's inspirational and, yes, it's wise. After reading it I decided to make a visibly solid, incontrovertible statement about the woman I am today. Insightful Gems Delightful book ~ either as a great read in one sitting down or as guide to empowering, positive affirmations. so, you can have fun and heal yourself simultaneously! It really is a liberating encounter. As an "older" woman, I can attest that it's not easy getting older. What a joy it is to discover a publication with such diverse assumes this technique of aging. Many thanks Debra Metelits for these insightful gems to accompany this trip. Wise older woman: growing in grace and sass I received my book from Amazon.com 2 days ago (a time sooner than promised). I am a 80 year previous grandma, which book reaffirms my emotions and attitude towards growing older: Life is Wonderful - Appreciate it! I am beginning to appreciate the wrinkles on my encounter - so much better than the alternative. we ought to benefit from the gifts that age can give us and be proud of the journey we got as we became old. I'm certain there will be more orders because of this wonderful book. this book has great readable uplifting what to say about growing older. Words To Live By This is a wonderful compilation of inspirational quotes and essays any woman can relate to. This wonderful assortment of readings can be an invitation for a trip, leading to a place where our physical, spiritual and psychological selves will get peace with one another and the duration of time. Go through this reserve, keep it within reach and make reference to it often-a ideal companion in instances of joy, as well as occasions of despair. Ms. this publication reminded me that it is never too later to shake items up! These delicious affirmations can really change your daily life, and who wouldn't want that? Using common quotations, short essays, engaging activities, and beautiful drawings, the author suggests that aging isn't a time to dread one's gray hairs and lines and wrinkles, but instead a period to rid oneself of youthful inadequacies and preconceptions about getting older to finally become one's beautiful, true self. After each carefully selected thought, Debra invites us to "feel the truth of these words and phrases in your heart-space. Comforting. Metelits provides touched the girl soul.Purchase one for yourself and many more for the women in your life.I go through this book each morning. After an eternity as a brunette, I proceeded to go mostly blonde; Informative.

Motivating. Must buy Ms. Challenging. Positive Thinking as We Age Gracefully What a gem! Debra Metelits shows us how to celebrate existence at any age. She's so cleverly come up with inspiring quotations, affirmations, and her own reflections matched up with a variety of illustrations.. I am a big believer in positive thinking. As a result, I feel refreshed for your day.... imperfectly perfect!" Many thanks, Ms. Metelits! this book has great easy to read uplifting what to say about getting .. One of my favorite is definitely, "I am .Debra Metelits is i'm all over this to the modern older girl. it reaffirms that ageing is a normal process and that as females we have to be able to forget about the image and objectives society places on us. I brought my publication to the last meeting of my Women's' group, The Daughters of Eve (spiritual women of many faiths). it includes some personal affirming mediation breathing guidelines that i find nice. it can help me to discover that i won't need to be concerned about the changes in my body shape but still do the things i like. This wonderful collection of readings is an invitation for a journey Debra Metelits gently mutes the cacophony of voices screaming "youth" with a celebration of age. The writer has certainly searched her personal soul for answers to the complicated questions and difficulties that confront people as we trip through life. Many of the author's recommendations begin, "For today. This book was a gift, and one that I'll joyfully tell others. A mood-elevator and smile-maker! I'm usually relatively skeptical, dubious, perhaps even dismissive towards books which include positive affirmations (sometimes I have been observed rolling my eyes and stifling a scoff in the self-help parts of local bookstores); but this little beauty is surely an exception. A delightful declaration by a sassy graceful woman, it'll inspire others to recognize, trust, and perhaps actually flaunt, their very own gracefulness and sassiness. In a period when a lot of us are uncovering that another segment of our lives exists after fifty and sixty, what a treasure to possess this book to take on our journey! Good book Great gift! Debra Metelits' publication is ideal for ANY Female on the go, as it provides affirmations for each and every week of the entire year. Just because we pass a particular quantity doesn't mean we should feel invisible! Thanks a lot, Debra!



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