

NEW YORK TIMES BESTSELLER!

CHRISTIANE NORTHRUP, M.D.

*Author of the #1 New York Times bestseller *The Wisdom of Menopause**

INCLUDES THE
14-day
Ageless Goddess
Program



GODDESSES NEVER AGE

*The Secret Prescription for Radiance,
Vitality, and Well-Being*

Christiane Northrup M.D.

**Goddesses Never Age: The Secret Prescription for
Radiance, Vitality, and Well-Being**



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Though we talk about wanting to "age gracefully," the truth is that when it comes to growing older, we're programmed to dread an inevitable decline: inside our wellness, our looks, our sexual human relationships, even the pleasure we take in living life., displays us in this profoundly empowering publication, we have it in us to make growing older an entirely different experience, for both our anatomies and our souls.including: • But mainly because Christiane Northrup, M. In chapters that blend personal stories and practical exercises with the most recent research on health insurance and maturing, Dr. Explaining that the condition of our health and wellness is dictated far more by our beliefs than by our biology, she works to change our perceptions about growing older and present us what we are entitled to anticipate from our later on years– Northrup lays out the concepts of ageless living, from rejecting processed food items to releasing stuck feelings, from embracing our sensuality to linking deeply with this Divine Source.Vibrant great health •D.no matter what our culture tries to instruct us to the contrary–A fulfilling sex life •The capability 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 ourselvesAnd she brings everything together in a 14-day Ageless Goddess Program, offering tools and inspiration for creating a healthful and soulful fresh way of being at any kind of stage of life.



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