

MARY PIPHER

New York Times bestselling author of *REVIVING OPHELIA*

WOMEN ROWING NORTH

NAVIGATING LIFE'S CURRENTS
and FLOURISHING as WE AGE



ILLUSTRATIONS BY JESSICA SHAW

Mary Pipher

Women Rowing North: Navigating Life's Currents and Flourishing As We Age



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From the New York Times bestselling author of *Reviving Ophelia*, helpful information to wisdom, authenticity, and bliss for women because they age. Women growing older contend with ageism, misogyny, and reduction. Yet simply because Mary Pipher shows, most older females are deeply happy and filled up with gratitude for the presents of existence. Their struggles help them grow into the genuine, empathetic, and wise people they have always wanted to be. If we have planned thoroughly and packed correctly, if we have good maps and guides, the journey can be transcendent. Drawing on her behalf own knowledge as daughter, sister, mother, grandmother, caregiver, clinical psychologist, and cultural anthropologist, she explores ways women can cultivate resilient responses to the difficulties they face. "In *Females Rowing North*, Pipher offers a timely study of the cultural and developmental issues ladies face because they age. "If we can maintain our wits about us, think clearly, and manage our emotions skillfully," Pipher writes, "we will encounter a joyous time of our lives.



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It's a memoir, it's a cultural declaration, and it's inspiring and full of hope. And it delivers on that promise. She goes on to say that as our anatomies age group, our souls can broaden. It's a beautifully written and realistic publication that outlines becoming an older woman. We follow her journey and other females of a similar age group, but with different conditions through their life trip. It's really difficult to classify. Paddle Gentley and Move Forward Strong This book is not promising perfection, but instead engagement in a process that will make us happier, says the author. At times it reads like your preferred minister at their pulpit. She intersperses guidance with stories about true females and how they've handled the challenges within their lives. This is definitely a great reserve for baby boomer females who are now confronting the challenges that maturing brings. As We continue my journey rowing north, I'll continue to refer to the book and have already passed it on to my friends. Get out your Highlighter because this book is filled with gems I started this reserve with limited targets and discovered that I had a need to underline estimates every few web pages. I'd give it 10 stars if I could. Mary Pipher, known on her behalf reserve Reviving Ophelia about teenage women, now explores her personal age group and how women comprehend ageing. She says she find the verb "rowing" instead of "sailing" for her book name because aging effectively does require effort. (Now only if I could obtain my husband to read it!) Hopeful advice for women because they age As a woman in her 60s, I found this book highly relevant to enough time I'm in today. From facing pension to surviving the death of a partner, the writer of Reviving Ophelia shows us that while every stage of lifestyle is hard, there are rewards there too; I've got the other women in my Parkinson's group reading it. Other situations it reads just like a proud grandma and then it becomes a culture opinion and self-help piece. The reserve explores such topics as physical ageing, understanding how to understand ourselves, making intentional choices, loneliness and solitude, and family members (including grandchildren). A few of the women's tales are heartbreaking, however they figure out how to overcome their troubles. All of it flows seamlessly and is beautifully created and brought me to tears a small number of times. And it's a hopeful reserve, which we all need.



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