
Las Diosas De Cada Mujer

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Las diosas de cada mujer

Una nueva psicología femenina *DEBOLSILLO*

Las Diosas de la Mujer Madura

Arquetipos Femeninos a Partir de Los Cincuenta *Karios Editorial Sa*

Tras el éxito editorial de su libro precedente *Las diosas de cada mujer*, al que siguió *Los dioses de cada hombre*, la célebre analista junguiana se concentra ahora en las mujeres que han pasado de los cincuenta a fin de que, con la ayuda de ciertos arquetipos o diosas, transformen la tercera fase de sus vidas en una etapa de esplendor y plenitud.

Las diosas de cada mujer

una nueva psicología femenina *Karios Editorial Sa*

Este fascinante libro muestra a las lectoras cómo identificar su diosa dominante (desde la autónoma Artemisa, la fría Atenea, Deméter la nutridora, hasta la creativa Afrodita), cómo decidir cuál debe cultivar más o qué patrón debe superar, y cómo utilizar el poder de estos eternos arquetipos para ser mejores "heroínas" en nuestras propias historias. Uno de los libros más aclamados y "copiados" de los últimos tiempos y que abre nuevos horizontes en la psicología de la mujer.

Goddesses in Everywoman

Powerful Archetypes in Women's Lives *Harper Collins*

A classic work of female psychology that uses seven archetypal

goddesses as a way of describing behavior patterns and personality traits is being introduced to the next generation of readers with a new introduction by the author. Psychoanalyst Jean Bolen's career soared in the early 1980s when *Goddesses in Everywoman* was published. Thousands of women readers became fascinated with identifying their own inner goddesses and using these archetypes to guide themselves to greater self-esteem, creativity, and happiness. Bolen's radical idea was that just as women used to be unconscious of the powerful effects that cultural stereotypes had on them, they were also unconscious of powerful archetypal forces within them that influence what they do and how they feel, and which account for major differences among them. Bolen believes that an understanding of these inner patterns and their interrelationships offers reassuring, true-to-life alternatives that take women far beyond such restrictive dichotomies as masculine/feminine, mother/lover, careerist/housewife. And she demonstrates in this book how understanding them can provide the key to self-knowledge and wholeness. Dr. Bolen introduced these patterns in the guise of seven archetypal goddesses, or personality types, with whom all women could identify, from the autonomous Artemis and the cool Athena to the nurturing Demeter and the creative Aphrodite, and explains how to decide which to cultivate and which to overcome, and how to tap the power of these enduring archetypes to become a better "heroine" in one's own life story.

Red Moon *HarperCollins Australia*

Dark, moving and original, a story of family, survival, and getting

on with life... Flynn Sinclair understands pack loyalty – for years as his Alpha father's enforcer, he has done things in the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life – something like Evie – but to move forward in the light, he must first reconcile with the dark.

Gods in Everyman

Archetypes That Shape Men's Lives *Harper Collins*

In this challenging and enlightening companion volume to the bestselling *Goddesses in Everywoman*, Jean Shinoda Bolen turns her attention to the powerful inner patterns--or archetypes--that shape men's personalities, careers, and personal relationships. Viewing these archetypes as the inner counterparts of the outer world of cultural stereotypes, she demonstrates how men and women can gain an invaluable sense of wholeness and integration when what they do is consistent with who they are. Dr. Bolen introduces these patterns in the guise of eight archetypal gods, or personality types, with whom the reader will identify. From the

authoritarian power-seeking gods (Zeus, Poseidon) to the gods of creativity (Apollo, Hephaestus) to the sensual Dionysus, Dr. Bolen shows men how to identify their ruling gods, how to decide which to cultivate and which to overcome, and how to tap the power of these enduring archetypes in order to enrich and strengthen their lives. She also stresses the importance of understanding which gods you are attracted to and which are compatible with your expectations, uncovers the origins of the often-difficult father-son relationship, and explores society's deep conflict between nurturing behavior and the need to foster masculinity. In *Gods in Everyman* Dr. Bolen presents us with a compassionate and lucid male psychology that will help all men and women to better understand themselves and their relationships with their fathers, their sons, their brothers, and their lovers.

Goddesses in Older Women

Archetypes in Women Over Fifty *Harper*

At some point after fifty, every woman crosses a threshold into the third phase of her life. As she enters this uncharted territory - one that is generally uncelebrated in popular culture -- she can choose to mourn what has gone before, or she can embrace the juicy crone years. In this celebration of Act 3, Jungian analyst Jean Shinoda Bolen names the powerful new energies and potentials, or archetypes, that come into the psyche at this momentous time, suggesting that women getting older have profound and exciting reasons for welcoming the other side of fifty. As Bolen has explained in her remarkable body of work, there are goddesses in every woman, deep archetypal sources of wisdom,

authenticity and spirituality that, once tapped, energize us and give us a sense of meaning and self-acceptance. The knowledge of which archetypes are active within us at each phase of life--maiden, mother (or matron), and crone--supports us in making choices that are true to who we are instead of conforming to others' ideas of who we should be. In Bolen's bestselling *Goddesses in Everywoman*, the classic work of the women's spirituality movement, the Greek goddesses personified these archetypes as they affected the first two phases of a woman's adult life. Now she explains that in the third stage, marked physiologically by menopause, there emerges a whole new cast of inner archetypes that a woman can draw on for guidance, creativity, personal integration, and joy. Once we learn to recognize these forces, we can feel empowered and wise, introspective and spiritual, sexually bold and full of mirth. For it is in the "wisewoman" years, when a woman has lived long enough to resolve the tasks of younger and middle adulthood, that she can fully and authentically become who she deeply is. The generation of women who are approaching or who have reached the crone years is historically unique. Influenced by the women's movement, they have benefited from educational opportunities, women's support networks, and economic resources as excellent preparation for decades of active postmenopausal life. By recognizing the goddess archetypes that emerge in this phase, women of this special generation will be enabled to transform the crone years into the best years of their lives.

Los dioses de cada hombre *DEBOLSILLO*

Los Dioses de Cada Hombre: Una Nueva Psicología de la Vida y los Amores Masculinos *Karios Editorial Sa*

Este alentador y provocativo libro es el compañero del best-seller *Las diosas de cada mujer* (también publicado por Kairós). En ambos libros, basándose en las teorías de Jung, la doctora Shinoda Bolen explora los poderosos arquetipos que conforman la personalidad de los hombres y las mujeres, tomando como referentes a los dioses y las diosas de la mitología griega. En *Los dioses de cada hombre* la doctora Shinoda Bolen presenta a través de ocho dioses o tipos de personalidad una psicología masculina compasiva y lúcida que ayudará a todos los hombres a entenderse mejor y a las mujeres a mejorar sus relaciones con sus padres, hijos, hermanos y amantes.

Artemis

The Indomitable Spirit in Everywoman *Mango Media Inc.*

"Jean Shinoda Bolen provides ancient and modern ways to be our authentic, courageous, and passionate selves. Jean herself is an Artemis."—Gloria Steinem
Worshiped in Ancient Greece as a protectress of young girls, Artemis was the goddess of hunting, nature, and chastity—the original "wild woman." In *Artemis*, Jungian analyst and bestselling author, Jean Shinoda Bolen, revives the goddess Artemis to reclaim the female passion and persistence to survive and succeed. But an indomitable spirit isn't just reserved for the gods. In her book, Dr. Bolen revives the myth of Atalanta, an archetypal Artemis and mere mortal. To Atalanta, fate was no obstacle. Left to die because she was born a girl, she faces the Calydon Boar and outruns any man

attempting to claim her as his wife. In Artemis, women are encouraged to discover their inner heroine—the activist who never gives up, who cannot be subdued. Whether women's rights activists or Princess Merida from *Brave*, the Artemis personality is embodied in the modern women. Hailed by Isabel Allende, as a "beautiful, inspiring book," Artemis is dedicated to all women and girls who discover her unconquerable spirit in themselves or others. Inside find: · Examples of Artemis in real-life and popular culture · Ancient and modern ways to be your authentic self · A source of strength, power, and integrity "Bolen connects Artemis to contemporary figures such as environmental activist Julia Butterfly Hill, author Cheryl Strayed, and journalist Lara Logan . . . Bolen also discusses other goddess archetypes, including the romance-oriented Aphrodite, contemplative Hestia, and Hecate, the wise crone. The exploration of Artemis and Atalanta as feminist icons is compelling."—Publishers Weekly

Live Alone and Like It

The Classic Guide for the Single Woman *5 Spot*

"Whether you view your one-woman ménage as Doom or Adventure, you need a plan, if you are going to make the best of it." Thus begins Marjorie Hillis' archly funny, gently prescriptive manifesto for single women. Though it was 1936 when the *Vogue* editor first shared her wisdom with her fellow singletons, the tome has been passed lovingly through the generations, and is even more apt today than when it was first published. Hillis, a true bon vivant, was sick and tired of hearing single women carping about their living arrangements and lonely lives; this

book is her invaluable wake-up call for single women to take control and enjoy their circumstances. Hillis takes readers through the fundamentals of living alone, including the importance of creating a hospitable environment at home, cultivating hobbies that keep her there ("for no woman can accept an invitation every night without coming to grief"), the question of whether single ladies may entertain men at home (the answer may surprise you!), and many more. With engaging chapter titles like "A Lady and Her Liquor" and "The Pleasures of a Single Bed," along with a new preface by author Laurie Graff (You Have to Kiss A Lot of Frogs), LIVE ALONE AND LIKE IT is sure to appeal to live-aloners and many other readers alike.

Las diosas de cada mujer/ Goddesses in Every Woman

Una nueva psicologa femenina/ A New Female Psychology

Crones Don't Whine

Concentrated Wisdom for Juicy Women *ReadHowYouWant.com*

"For women there is nothing more liberating than age if we learn to use our energy, power and compassion." -- Back cover.

Artemisa

El espíritu indómito de cada mujer *Editorial Kairós*

Las diosas de cada mujer fue un verdadero hito en la forma de entender los mitos e integrarlos en nuestra propia vida. Ahora

llega Artemisa, un revolucionario libro que explora el arquetipo de la activista, la mujer indomable e indomada. Con elegancia, Jean Shinoda Bolen nos sumerge en el mito de Atalanta, la legendaria cazadora y corredora de la mitología griega, una mujer abandonada y expuesta a la muerte por haber nacido niña que ejemplifica el espíritu indómito de las jóvenes valientes y de las mujeres en quienes se convierten. Jean Shinoda Bolen pinta un retrato muy ameno de mujeres Artemisa públicas de la actualidad. Y muestra cómo dicho arquetipo ofrece un camino para que las lectoras orienten su exploración personal hacia su auténtico Yo.

Despierta a Las Diosas Que Hay En Ti *Editorial Sirio*

Did you know that your multi-faceted experiences of life as a woman are influenced by Goddess consciousness? In this highly engaging and stirring audiobook, leading intuitive Sophie Bashford will help you to understand the many ups and downs, emotions and cycles of your life through the eyes of the Goddess".

Diosas

la canción de Eva

The true power of the Woman rediscovered through mythology and magical rites of the ancient Goddesses and priestesses. The book also explains how those archetypes become apparent in the everyday life of all women.

Women who Run with the Wolves

Myths and Stories of the Wild Woman Archetype

A Jungian analyst explores the feminine psyche through stories of "wild women"--the mythological archetype of the strong, primitive woman

Los dioses de cada hombre

Una nueva psicología masculina *Editorial Kairós*

Los dioses de cada hombre sigue la línea fascinante del best seller *Las diosas de cada mujer*. Si en su primer libro Jean Shinoda Bolen tenía por tema central a la mujer, en éste de hoy se investigan los patrones internos que conforman las personalidades, las carreras y las relaciones de los hombres. La autora se sirve de los dioses griegos para explorar, tanto el mundo interior de los arquetipos, como el exterior de los estereotipos, y presenta de este modo una sensible y lúcida psicología masculina. Haciendo un repaso de esos dioses del mundo clásico, desde los autoritarios Zeus y Poseidón hasta el sensual Dioniso, pasando por los creativos Apolo y Hefesto, la autora enseña a los lectores a identificar a sus dioses regentes, a decidir cuál de ellos debe ser cultivado y cuál debe ser vencido. El objetivo es conectar con el poder de estos arquetipos y convertirlos en héroes de sus propias vidas. Los dioses de cada hombre exige un sondeo en las regiones más profundas de la psique masculina, y es un libro que ayudará tanto a los hombres como a las mujeres: los hombres se comprenderán mejor al revelárseles cómo elegir las opciones o los caminos más coherentes con los dioses que actúan en ellos, y las mujeres mejorarán sus relaciones con padres, hijos, hermanos y amantes,

sabiendo hacia qué dioses se sientan atraídas y cuáles son incompatibles con sus expectativas.

The Millionth Circle

How to Change Ourselves and The World: The Essential Guide to Women's Circles *Mango Media Inc.*

Female Connection and Empowerment as a Force for Change A how-to guide for women's circles. The minds and spirits of women are powerful forces, particularly when harnessed in communion with other women. Women's circles have been around for quite some time, and their presence is a healing and strengthening source for many. Furthermore, author and psychiatrist Jean Shinoda Bolen believes that women's circles act as catalysts for change around the world. In this inspiring and spiritual book for women, Dr. Bolen provides both a guide and vision for women seeking purpose and change. Find empowerment and enlightenment. Through her poetic language, Dr. Bolen emphasizes to her readers the importance of using their intuition and drawing upon their own insights. In bringing feminine values such as relationship, nurturing, and equality together, Dr. Bolen shares how women create a space for compassionate and radical growth. Women as changemakers. By focusing on both the psychological and spiritual, women open the doorway for great change and empower one another to be leaders of positive change in their own lives and beyond. In this way, women empowerment itself acts as a tool for societal and psychospiritual change. After all, when strong women join together, who can stop them? Read *The Millionth Circle: How to Change Ourselves and*

the World and find... A tool for creating positive change Words of insightful and powerful feminine wisdom A book for women everywhere Readers of Wild Mercy, If Women Rose Rooted, Women Rowing North, or Warrior Goddess Training will love the inspiring message and call to action in Jean Shinoda Bolen's The Millionth Circle.

God's Wisdom For Your Every Need *Harper Collins*

Biblical Wisdom for Everyday Living. God's Wisdom for Your Every Need has been created for today's culture. With the uncertainty of the economy and job insecurity, families are concerned about the future and need God's wisdom more than ever. This insightful book is filled with 61 relevant topics for today, including wisdom for when you are faced with a crisis, when you need confidence, when life is unfair in the work place...and much more. These verses from God's Word will bring encouragement, guidance, and hope no matter what the situation you're facing in life.

Gloria Steinem

A Biography *Greenwood Publishing Group*

Profiles the life of Gloria Steinem, from her early life through her important contributions to the feminist movement.

The Tao of Psychology

Synchronicity and the Self *Harper San Francisco*

Examines coincidental events that individuals find significant, but which cannot be rationally explained, suggesting ways of using

the resulting feelings of universal unity in Jungian therapies and Taoist introspection

When The Drummers Were Women: A Spiritual History of Rhythm *Echo Point Books & Media, LLC*

For millennia, the sacred drummers of pre-Christian Mediterranean and western Asia were women. In this inspiring book, Layne Redmond, herself a renowned drummer, tells their history. Artistic representations reveal that female frame drummers carried the spiritual traditions of many of the earliest recorded civilizations. During those ancient times, the drummer-priestesses held the keys to experience of the divine through rhythm. They were at the center of the goddess worship of matriarchal societies until the ascendance of patriarchal cultures and the loss of drumming as a spiritual technology. With wisdom and passion, Redmond chronicles our species' deep connection to the drum, our rich heritage of inseparable spirituality and music, and the modern-day women reclaiming it. This book encourages readers—both women and men—to reestablish rhythmic links with themselves, nature, and other people through the power of drumming. Redmond illustrates her message with an extensive collection of images gathered during ten years of research and travel. Woven throughout the book are strands of ancient ritual and mythology, personal stories, and scientific evidence of the benefits of drumming. It is at once a history, a memoir, and a resounding call for spiritual and social renewal.

El oráculo de las diosas

El despertar de las diosas. Guía de autoconocimiento

Pehoe Ediciones

Esta es una obra para mujeres y hombres que tiene el propósito de acercarnos a las 28 divinidades más representativas de las culturas paganas, precristianas, orientales y occidentales. En el conjunto de las cartas, hermosamente pintadas por la artista chilena Ana Taulis, las diosas reflejan atributos y símbolos que nos permiten clasificarlas como emocionales, alquímicas, de la compasión, de las sombras, de gran fortaleza personal, sanadoras, vulnerables y de la buena suerte. Cada una tiene algo que entregarnos, una luz que nos guiará al camino del autodescubrimiento. ¿Será Gaia, Flora, Lakshmi o Kuan Yin la que nos representa? ¿Con cuál necesitamos mayor conexión? ¿A cuál nos conviene invocar o de cuál debemos diferenciarnos? Este libro nos orientará ante estas interrogantes. Para encargar la baraja impresa a color dirigirse a: sselowsky@gmail.com / Whatsapp: +569 98729183 Para diversas actividades como Formaciones en Astrología, Cursos Taller: El Arte y la Sabiduría del Tarot, Mujeres Guías: Guardianas de lo Femenino, La Magia cotidiana y mucho más en: www.silviaselowsky.cl

La sirena de río que perdió su sandalia

Letrame Grupo Editorial

Este cuento es lo que parece: un cuento para niñas. Es también lo que no parece: un cuento para mujeres. El mito de Psiquis tal y como maravillosamente lo cuenta Jean Shinoda Bolen en su libro "Las diosas de cada mujer" ha sido la inspiración para que la joven de la tribu haga su recorrido en el río. Un viaje que le arrastra desde el fondo a la superficie, acompañada por el

temible Dragón Dorado quien dotado de un gran corazón compasivo pone a prueba su talento interior... un viaje del que puede salir fortalecida o perecer...

Like a Tree

How Trees, Women, and Tree People Can Save the Planet

Mango Media Inc.

A Powerful and Poetic Call to Ecological & Feminist Activism This masterful work by internationally known author and speaker Jean Shinoda Bolen provides an insightful look into the fusion of ecological issues and global gender politics. Of trees and women. This book on the importance of trees grew out of Bolen's experience mourning the loss of a Monterey pine that was cut down in her neighborhood. That, combined with her practice of walking among tall trees, led to her deep connection with trees and an understanding of their many complexities. From their anatomy and physiology, to trees as archetypal and sacred symbols, Bolen expertly explores the dynamics of ecological activism spiritual activism and sacred feminism. And, she invites us to join the movement to save trees. Stories of those making a difference. While there is still much work to be done to address environmental problems, there are many stories of individuals and organizations rising up to make a change and help save our planet. The words and stories that Bolen weaves throughout this book are both inspirational and down-to-earth, calling us to realize what is happening to not only our trees, but our people. By writing about both the work of organizations like Greenpeace and the UN Commission on the Status of Women, Bolen highlights

her passions and shares her unique vision for the world. In *Like a Tree* learn more about: The dynamic nature of trees — from their anatomy to their role as an archetypal symbol Pressing social issues such as deforestation, global warming, and overpopulation What it means to be a “tree person” If you enjoyed books like *The Hidden Life of Trees*, *Wise Trees*, *Around the World in 80 Trees*, or *Braiding Sweetgrass*, then you’ll love *Like a Tree: How Trees, Women, and Tree People Can Save the Planet*.

Las Cuatro Diosas de la Mujer *Urano*

Cada día son más las mujeres que experimentan la necesidad de conectar con lo sagrado femenino, de expresar su feminidad y recuperar la conexión con esas energías que emanan de su ser por el hecho de ser mujeres. Miranda Gray, conocida en todo el mundo por haber devuelto a la mujer moderna una visión profunda de las posibilidades que encierra el ciclo menstrual, regresa con un manual práctico que muestra a las mujeres el camino para celebrar los dones de su condición femenina en función del momento interno. Cada una de las fases del ciclo menstrual se asocia con una diosa y las energías que representa, cuatro arquetipos que no solo se manifiestan físicamente sino también psicológica y espiritualmente. Las cuatro diosas de la mujer explora cómo vivir, relacionarse y trabajar respetando y celebrando los procesos que favorecen estos cuatro arquetipos a la vez que propone actividades para satisfacer sus necesidades en cada fase del ciclo. Un manual para sentirse mejor en el propio cuerpo, confiar más en los propios sentimientos y capacidades y aplicar esa intuición para favorecer sentimientos positivos hacia una misma y los demás.

The Courage to Be Yourself Journal *Conari Press*

A creative journal designed by psychotherapist, Sue Patton Thoele, this book combines inspiration, courage and constancy with an interactive growth experience. The author mixes quotes from her books with lessons and exercises to guide the private words and thoughts of readers.

Aeneid

Urgent Message from Mother

Gather the Women, Save the World *Conari Press*

In its original edition, this culmination of Jean Shinoda Bolen's life's work sold over 25,000 copies. Now in paperback for the first time *Urgent Message from Mother* is a call to action for all the women of the world. This unique combination of visionary thinking and practical how-to seeks to galvanize the power of women acting together in order to save our world. Bolen outlines the lessons we can learn from the women's movement, draws on Jungian psychology and the sacred feminine, and gives powerful examples of women coming together all over the globe and making a significant impact.

Los rostros de Eva

Cómo despertar la diosa que hay en ti *EDAF*

En los albores de la historia, Dios era mujer. Entonces, luz y oscuridad danzaban unidas y lo femenino estaba hermanado a lo masculino. Después, el Dios sustituyó a la Diosa, y lo femenino

fue separado de lo masculino y reprimido. Sin embargo, la Diosa no dejó de luchar por renacer en el corazón de los seres humanos. Hoy asistimos a un renacimiento de lo femenino. Las mujeres, nos vemos desbordadas por cientos de reclamos que no nos dejan respirar: estar guapas, ser amas de casa, esposas, buenas profesionales, amigas, amantes... Estamos estresadas, cansadas, a veces enfermas... Este libro habla de la feminidad y lanza un puente hacia la Diosa que habita en todas nosotras. Analiza los procesos psicológicos por los que atraviesa la mujer a lo largo de su vida, conectándolos con arquetipos extraídos de la mitología occidental: la infancia, las relaciones madre-hija, la interacción con el padre y lo masculino, lo que el patriarcado ha reprimido de la mujer, las relaciones de pareja, la sexualidad, la menopausia... Pretende dar respuesta a conflictos frecuentes en la mujer como: ¿Por qué el príncipe azul se convierte en rana tras la boda? ¿Cuáles son las causas del miedo a envejecer? ¿Por qué repetimos los patrones que más odiamos de nuestras madres? Un libro vivo, actual, e imprescindible para comprender la psicología de la mujer de hoy. &

Las brujas no se quejan

Un manual de sabiduría concentrada Editorial Kairós

La innovadora obra de Jean Shinoda Bolen que precede a este libro (en especial Las diosas de cada mujer) contribuyó a que una generación entera de mujeres tomara conciencia de su potencial y valía. En este nuevo texto, Las brujas no se quejan, el jocoso sentido del humor y la agudísima introspección de la doctora Bolen se alían para ofrecer a las mujeres trece cualidades que

cultivar. Si nos comprometemos a llevar a cabo estos pequeños ejercicios, seremos más felices y, asimismo, aportaremos nuestro granito de arena para lograr que este mundo sea un lugar mejor. "Estas cualidades no se cultivan de la noche a la mañana", escribe Bolen. La etapa de la vejez es una época de "maduración" en la que las mujeres pueden consagrar su tiempo, energía y creatividad a lo que en realidad les importa. Jean Bolen nos obsequia con su proyecto: las brujas no se quejan. Al contrario, las ancianas son atrevidas y confían en sus propios instintos. No imploran; en cambio, sí meditan. Eligen su camino con el corazón. Poseen la fiereza del que defiende lo que más le importa. Dicen la verdad con compasión. Escuchan su cuerpo, se reinventan a sí mismas en función de sus necesidades y saborean la parte positiva de sus vidas. No deje usted de recurrir a estos trece capítulos breves, en los buenos y en los malos momentos, sola o con otras personas... porque "las brujas juntas pueden cambiar el mundo".

You Are a Goddess

Working with the Sacred Feminine to Awaken, Heal and Transform Hay House, Inc

Discover the Goddess energies that lie within you through nine Goddess archetypes—an empowering guide on finding healing, strength, and transformation, for readers of Warrior Goddess Training The Goddess is guiding your life . . . You know 'the Goddess' as a divine feminine figure of myth, art and faith—but are you aware that, in truth, the Goddess is a life force that lives in you? Did you know that your multi-faceted experiences of life

as a woman are influenced by Goddess consciousness? Do you sense that you have a hidden feminine energy that longs to be seen, accepted, valued—and used for a healing purpose? In this highly engaging and stirring book, leading intuitive Sophie Bashford takes you on a journey to meet nine Goddess archetypes, which will help you to:

- Understand the many ups and downs, emotions and cycles of your life through the 'eyes of the Goddess'
- Discover how the Goddesses can ignite your spiritual growth and uncover your feminine healing gifts
- Learn how to work with each Goddess for self-healing, positive inner change and empowerment
- Get in touch with a divine feminine support and healing system comprising nine archetypes, including Kali, Mary Magdalene, Aphrodite and Isis

Sharing intuitively channeled messages, beautiful guided meditations and moving personal experiences, Sophie leads you into safe territories where your darkest fears can be healed, your deepest dreams awakened and your entire life transformed.

Under Pressure

Rescuing Our Children from the Culture of Hyper-Parenting *Harper Collins*

"Why do grown-ups have to take over everything?" This innocent question from acclaimed journalist and international bestselling author Carl Honoré's son sparked a two-year investigation into how our culture of speed, efficiency, and success at all costs is damaging both parents and children. When the impulse to give children the best of everything runs rampant, parents, schools, communities, and corporations unwittingly combine forces to

create over-scheduled, over-stimulated, and overindulged kids. The mere mention of potty-training, ballet classes, preschool, ADD, or overeating is enough to spark a heated debate about the right way to raise our children. The problem is that despite the best intentions of all involved, the pressure to manage every detail of our children's lives from in utero through college is overwhelming. Delivering much more than a wake-up call, international bestselling author Carl Honoré interviews experts in Europe, North America, and the Far East, talks to families around the world and sifts through the latest scientific research. Not only do we see the real dangers of micromanaging children, but Honoré also shows us an emerging new movement inspiring many to slow down and find the natural balance between too little and too much. Blending the finest reportage, intellectual inquiry, and extraordinary true stories, *Under Pressure* is the first book to challenge the status quo by mapping out an alternative to the culture of hyperparenting that is presently pushing children and their parents to the brink.

Psicología de las percepciones interiores

Un nuevo campo de conocimiento surgido de la Medicina Tradicional China *Ediciones Liliun*

La Psicología de las Percepciones Interiores es una nueva rama de la Psicología y tiene sus raíces en la cultura china, especialmente en la Medicina Tradicional China. Con este libro, los autores nos acercan, en un lenguaje actual, las raíces históricas y las técnicas específicas para la percepción interior. Un modo de percepción en que se basa esta nueva psicología:

conocer el mundo a través de la mente que, en lugar de orientarse hacia afuera, se dirige hacia adentro. Esta manera de explorar los principios de la vida se ha aplicado desde la antigüedad con el propósito de mantener una buena salud y lograr una vida longeva. Sin embargo, en el siglo pasado, se ha tendido a un conocimiento abstracto y meramente filosófico de la esencia de la percepción interior. Muchos conceptos como "la unidad del hombre y el cielo", por ejemplo, acabaron siendo símbolos culturales de filosofías antiguas. El hecho de que este concepto se refiera a un estado perceptible en el que el ser humano está conectado al cielo por medio del qi, apenas se conoce hoy día. Considerar la vida desde una perspectiva holística y más abarcadora puede ser hoy parte de una moda, pero son pocos quienes experimentan el sentido real de estar conectados interna y externamente con el cielo y la tierra. Diferente, entonces, de la metodología de la investigación moderna, en la que la mente se orienta hacia lo exterior y es fundamentalmente objetiva (no-subjetiva) a percepción interior implica dirigir la mente hacia nuestro interior para nutrirla y reforzar su poder.

Diosas: La Cancion de Eva *Ediciones Robinbook*

Close to the Bone

Life-Threatening Illness as a Soul Journey *Mango Media Inc.*

"Myths, stories, prayer, touching, visualization, rituals, and especially love are some of the tools and wisdom that this extraordinary book gives us."—Isabel Allende Whether it's a

personal health crisis or sickness a loved one is experiencing, none of us escape this life without encountering some form of illness or death. While we can try to ignore the reality, internationally known author and speaker Dr. Jean Shinoda Bolen suggests we do the exact opposite: face it. By encountering the frightening world of serious illness and death, we can better uncover how it gives us purpose. While encountering sickness is inevitable, healing often seems harder to come by. We are left broken open when serious illness hits. While there is no single key to recovery, it is rare to find healing without first addressing the pain. This book serves as a guide to finding purpose in the pain. Through practicing self-compassion and empathy for others, and actively listening and learning, we set ourselves on a path to thoughtfully unravel the process of finding hope. Read Dr. Bolen's *Close to the Bone* and find . . . · An insightful book for anyone living with a life-threatening illness (or caring for a loved one who is ill) · Encouragement for facing the trials and trauma of illness by relying on the wisdom we all have within · A supplemental guide for those who want to form support circles "A finely polished mirror for the healing heart and body. An important statement of theories and practices which have aided many in the course of their illness and recovery."—Stephen Levine, bestselling author of *Unattended Sorrow*

Gerta

A Novel *AmazonCrossing*

The award-winning novel by Czech author Kateřina Tučková--her first to be translated into English--about the fate of one woman

and the pursuit of forgiveness in a divided postwar world. 1945. Allied forces liberate Nazi-occupied Brno, Moravia. For Gerta Schnirch, daughter of a Czech mother and a German father aligned with Hitler, it's not deliverance; it's a sentence. She has been branded an enemy of the state. Caught in the changing tides of a war that shattered her family--and her innocence--Gerta must obey the official order: she, along with all ethnic Germans, is to be expelled from Czechoslovakia. With nothing but the clothes on her back and an infant daughter, she's herded among thousands, driven from the only home she's ever known. But the injustice only makes Gerta stronger, more empowered, and more resolved to seek justice. Her journey is a relentless quest for a seemingly impossible forgiveness. And one day, she will return. Spanning decades and generations, Kateřina Tučková's breathtaking novel illuminates a long-neglected episode in Czech history. One of exclusion and prejudice, of

collective shame versus personal guilt, all through the eyes of a charismatic woman whose courage will affect all the lives she's touched. Especially that of the daughter she loved, fought for, shielded, and would come to inspire.

Close to the Bone

LifeThreatening Illness and the Search for Meaning *Simon and Schuster*

Describes how serious illness can actually be a soul-transforming experience that eliminates neurosis and leads to the essential truths of life.

The Goddesses and Gods of Old Europe

Myths and Cult Images *Univ of California Press*

Originally published under the title: God and goddesses of Old Europe, 7000-3500 B.C.