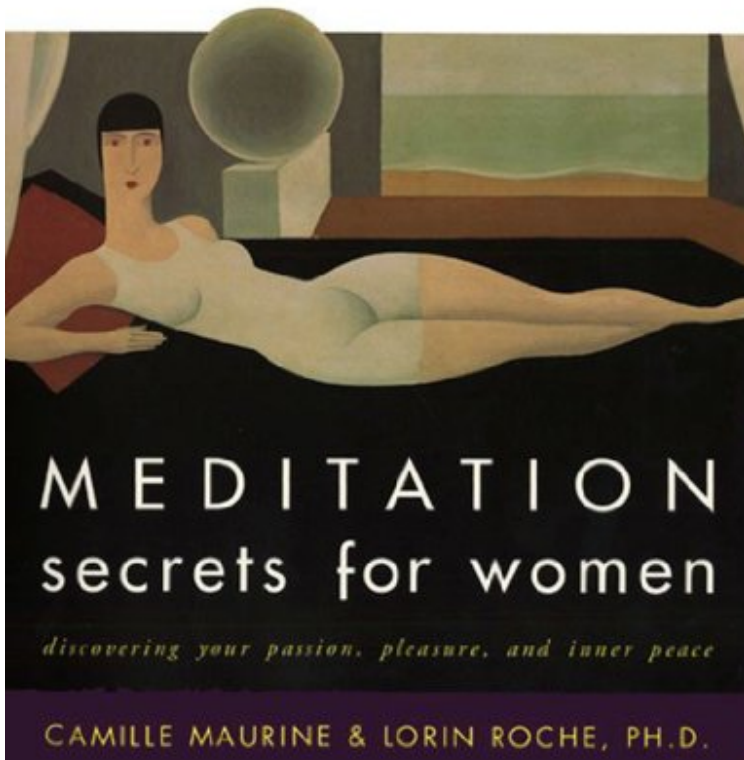


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Learn How To: Make use of sensual, pleasurable meditation techniques Gain a refreshing, rejuvenating rest that is deeper than sleep Relieve stress and promote good health Relax and be yourself as you reap life-affirming benefits Live in harmony with your world Enhance your relationships and creativity
Revue de presse... teaches you how to meditate with full access to the emotions and body wisdom that are part of the Divine. --Christiane Northrup, MD, author of

Women's Bodies, Women's Wisdom...wise, wonderful, and revolutionary. It returns the whole human being to joy, restorative serenity, and embodied, psychological and spiritual expansiveness. --Sylvia Brinton Perera, author of *Descent to the Goddess and Queen Maeve and Her Lovers* Applause goes to the authors who bring exciting new insights into the embodied art of meditation. --Emilie Conrad, founder of Continuum
Presentation de l'auteur Finally an approach to meditation especially for women! The benefits of meditations are manifold but so few practices are tailored to the special needs and interests of women. Now, with *Meditation Secrets for Women*, you can discover how to love your body and find a time and place to tune into yourself and restore inner balance. Get in touch with your body's natural rhythms. Honor your instincts, and tap into your feminine power so that you can emerge nourished, revitalized, and joyful. *Meditation Secrets for Women* offers all the tools and insights necessary for women to design their own custom meditation techniques, without all the restrictions of traditional practices. Learn How To: Make use of sensual, pleasurable meditation techniques Gain a refreshing, rejuvenating rest that is deeper than sleep Relieve stress and promote good health Relax and be yourself as you reap life-affirming benefits Live in harmony with your world Enhance your relationships and creativity