



The Female Power Within: A Guide to Living a Gentler, More Meaningful Life

Marilyn Graman, Maureen Walsh

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For far too long women have accepted that being powerful means being tough and aggressive and strong and in control, forgetting that the very qualities that make us strong as from our female side are our gentleness, our natural inclination to cooperate and communicate, our ability to lean back, to yield, and to be in the flow of life. To prove ourselves out in the world, we have tried to blaze like men when our natural light is softer, steadier, more deep than wide.

The Female Power Within outlines a step-by-step process for coming to know yourself intimately and deeply and encourages you to rediscover the perceptions, patterns, pleasures, and power of being female by moving beyond your foremothers and beyond the lives of men as well.

Graman and Walsh bring over 50 years of experience to their guidebook for women (and men) who are quietly yearning to express a softer, more tender side in their lives. The world, they say, is thirsty for our female power, likening it to an energy source that has been dimmed too long. "As each of us releases our light, we will illuminate the world."

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