



A Woman's Book of Life

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Biologist and psychologist Joan Borysenko helped chart new territory in mind/body medicine at Harvard Medical School--and created a new map of that territory in one of the first bestsellers in the field. Now the author of *Minding the Body*, *Mending the Mind* reveals the interconnected loop of mind, body, and spirit in women. This pioneering book will teach women how to maximize their health and well-being as well as discover the extraordinary power that comes with each stage of the feminine life cycle.

A Woman's Book of Life Details

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Author : Joan Borysenko

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From Reader Review A Woman's Book of Life for online ebook

Hedwige says

Excellent book (for women at least!)

Sandra says

Great as a reference book.

Karin says

This book was way less hippie than I anticipated when I first put it on my queue many years ago. She uses the small, but compelling existing research to expand on existing gender theories and posit some of her own.

I'm glad I waited until now to read her book as I get nearer to middle-aged and so much of her book spoke to me. I loved it. It brings me hope for my future and gives me strength to continue doing what I love to do now.

There were a couple of times that I felt like she took a few liberties, but that is pretty par for this type of book. She had a really great resources section that I wish was updated. I would definitely recommend it to anyone interested in the cycles of womanhood.

Kelly Salasin says

This book marked a pivotal point in my thinking about myself and divinity.

Mary says

This breaks down the cycles of a woman's life into seven year periods and talks about what goes on in each cycle- from a biological, psychological and spiritual point of view. It had some good stuff, but the section on my period, I didn't find that helpful!

Lisa says

Takes you through the seven-year stages in a woman's life from 0-84 and beyond. It is a textbook style of writing which can be dry, but it was interesting reading the "Ages 49-56: A Mindful Approach to Menopause" through "Ages 77-84 and beyond: Recapitulating Our Lives"

Marianne Mullen says

I think it is because of the stage I am in the woman's book of life (Healing & Balance) that I found this book so enlightening and meaningful. I loved how our lives as female was broken down to 7 year increments to discuss the physical, spiritual, and emotional changes and gifts we experience. It was enlightening to read this book while keeping in mind that I feel my life is out of balance right now and I'm yearning to find empowerment and strength in myself and my life. I also read the book as a mother of two daughters and a only daughter of a strong woman. The book is one I would recommend to all women to read to gain insight into yourself and how your life changes as we physically and spiritually age.

Dirty Magpie says

I loved this book, I read it when I was heavily into some psycho/physical connecting, and she was the first author I read that was New Age without sounding spaced out. I especially got a lot out of her chapters on the stages of a woman's life she refers to as The Guardian, and I used much of that for inspirational imagery in the dance classes I was teaching at the time. I'm going to have to read it again, now that I'm in a different life stage than my first reading.

Merrell says

sheds so much light on the different life stages (i don't feel so crazy!)

Cynthia says

all women should read this one

Janis Davies says

I thought this would be a great read for anyone raising a daughter.

Stephanie says

Every woman should read this book from the teenager to the very old woman. It is magnificent and so very uplifting for the reader. Men should read it also, if they want to get to understand women.

Kathy B says

I bought this book when it was first published and was so impressed that a woman actually had written a book for women! At the time so many "female" books I found were about women as good wives and home-makers. Joan Borysenko wrote *FOR woman*, what they go through and what to expect in life. I still treasure my book. However, on a sad side note: Years later I did feel badly when she and her husband quietly divorced.

KarnagesMistress says

Twenty years out, the biological sections of this book are still a revelation. At 38, I needed to know these things about myself, but no one else was telling me! When she speaks more of the psycho-spiritual aspects of womanhood, particularly those post-menopause, however, well, she is an upper-middle-class Baby Boomer extrovert. As part of Paul Fussell's "category X" (*See Class: A Guide Through the American Status System*), born into Generation X, and an introvert, she lost me on the psycho-spiritual aspects of those later years. Still, this book should be required reading for any non-Prole (*See Fussell, again*) woman.

Brenda Spears says

Excellent book that shows us how our mind, body, and spirit are intertwined in a loop. Essential read for women seeking to maximize their personal well being.
