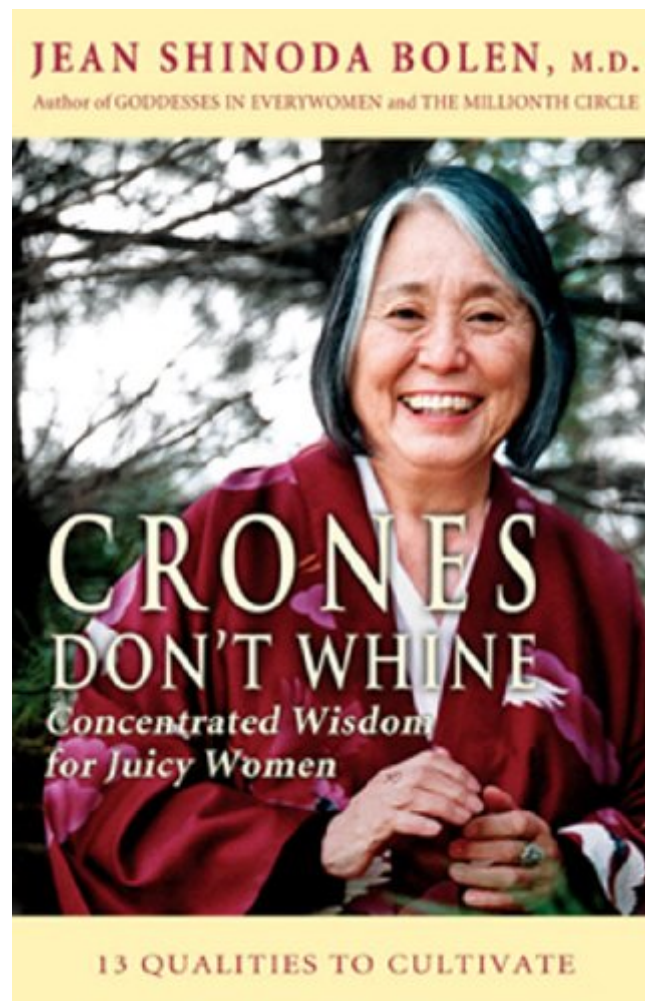




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Crones Don't Whine: Concentrated Wisdom For Juicy Women



Synopsis

Jean Shinoda Bolen's groundbreaking early work-most notably *À À Goddesses in Everywoman*-helped a generation of women realize their potential and their value. Half a million copies later the book still affects the lives of women. In her latest book, *À À Crones Don't Whine*, Bolen's playful sense of humor and keen insight combine to offer women thirteen qualities to cultivate. Engage in these small practices and you're bound to be a happier person, who's doing her bit to make the world a better place. "These qualities are not cultivated overnight," Bolen writes. Crone years are "growing" years, when women can devote their time, energy, and creativity to what really matters to them. Bolen offers us a blueprint: Crones don't whine; they're juicy and they trust their own instincts. Meditating, not groveling, and choosing the path with heart, crones are fierce about what matters to them. They speak the truth with compassion. They listen to their bodies, reinvent themselves, and savor the good in their lives. Thirteen brief essays to turn to again and again, in bad times and good, alone and with others-because "Crones Together Can Change the World" as Bolen points out in an inspirational, call-to-arms bonus essay. This, along with Jean's personal musings and a rallying call to men to become crones as well, complete *À À Crones Don't Whine*.

Book Information

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Customer Reviews

This book describes what it means to be a Crone. Our learnings and attitudes that make us wiser women and helps us along the crone journey. A fast and very interesting read. I really enjoyed this book.

I bought it because the title amused me, was altogether a thought provoking little book and well worth the read!.

It's a roadmap to a woman's journey in life as she grows and changes.

A must read for all crones.

This is a fast read if you want it to be. But I savored the messages and took time to reflect on my place in "crone-dom." I highly recommend this book to women in midlife and beyond.

Empowering and fun read!

All ladies need to read this and a few of the guys, too.

The book is a natural for any woman but sensitive men would also learn a lot about both sexes. A very highly recommended book.

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