

Feng Shui Larte Di Creare Ambienti Accoglienti E Salutari

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Satori - Don Winslow 2011-03-07

Critically-acclaimed author Don Winslow introduces a prelude to Trevanian's classic thriller Shibumi, the story of genius, mystic and the perfect, formidable assassin Nicholai Hel. It is the fall of 1951, and the Korean War is raging. Twenty-six-year-old Nicholai Hel has spent the last three years in solitary confinement at the hands of the Americans. Hel is a master of hoda korosu, or "naked kill," is fluent in seven languages, and has honed extraordinary "proximity sense": an extra-awareness of the presence of danger. He has the skills to be the world's most fearsome assassin and now the CIA needs him. The Americans offer Hel freedom, money, and a neutral passport in exchange for one small service: go to Beijing and kill the Soviet Union's commissioner to China. It's almost certainly a suicide mission, but Hel accepts. Now he must survive chaos, violence, suspicion, and betrayal while trying to achieve his ultimate goal of satori: the possibility of true understanding and harmony with the world.

Restorative Gardens - Nancy Gerlach-Spriggs 1998-01-01

Restorative gardens for the sick, which were a vital part of the healing process from the Middle Ages to the early twentieth century, provided ordered and beautiful settings in which patients could begin to heal, both physically and mentally. In this engaging book, a landscape architect, a physician, and a historian examine the history and role of restorative gardens to show why it is important to again integrate nature into the institutional--and largely factorylike--settings of modern health care facilities. In this unique book, Nancy Gerlach-Spriggs, Dr. Richard Enoch Kaufman, and Sam Bass Warner, Jr., unfold their argument by presenting the history of restorative gardens and studies of six American health care centers that cherish the role of their gardens in the therapeutic process. These institutions are examined in detail: community hospitals in Wausau, Wisconsin, and Monterey, California; a full-care mental institution in Philadelphia; a nursing home in Queens; a facility for rehabilitative medicine in New York City; and a hospice in Houston. In their comprehensive review the authors suggest that contemporary scientific understanding clearly recognizes the beneficial physiological effects of garden environments on patients' well-being. The book ends with a plea to make gardens--rather than the shopping mall atria so often seen in newly renovated hospitals--a vital part of the medical milieu.

Lillian Too's 168 Feng Shui Ways to Declutter Your Home - Lillian Too 2003

Lillian Too is the world's leading authority on feng shui and the author of several bestsellers. Her latest offering is a colorful guide to revitalizing the home. It presents 168 surefire strategies for eliminating excess baggage, renewing energy, and generating new pathways within a house and mind.

Feng Shui - Simon Brown 2000

Using the Japanese Compass method as a foundation, introduces the elements of feng shui, and describes ways to incorporate those principles into homes and buildings in order to enhance Chi energy and promote well-being,

Let's Wake Up, Italics! - Piero Bassetti 2017-04-01

Supports - N.J. Habraken 2021-07-30

First translated in English ten years after its original Dutch publication in 1962, this book has inspired practitioners for generations. It's proposal to distinguish the infill from the support - what users can individually decide in a housing process from what users share - has turned out to be feasible in practice. The Natural Relation - the interaction of people with their immediate environment and the central concept of the book - is the result of that distinction. It is essential to the well-being of everyday environment regardless of function or available resources.

Asian Imperial Banking History - Hubert Bonin 2015-10-06

When European powers annexed parts of Asia, banking systems were an important part of that process. The essays in this edited collection are based on original research using primary sources in English, French, Russian, Chinese and Japanese. The book as a whole provides new insights into banking in imperial Asia and a platform for further research.

Disney Little Library Winnie the Pooh - 1993

All I Want is You - Elizabeth Anthony 2013-04-11

Set in a country house in the 1920s, this tale of forbidden love between a kitchen maid and her aristocratic master is perfect for fans of Downton Abbey and E.L. James' Fifty Shades of Grey. An innocent girl 1920. Seventeen-year-old Sophie is a scullery maid at a large country house, Belfield Hall, but what she truly desires is to dance on stage in London. Caught up in a dangerous game Glamorous Lady Beatrice offers her assistance, though not without an ulterior motive. A new heir - the seductively handsome Lord Ashley - is about to arrive at the Hall: a man that Beatrice will do anything to ensnare . . . even if she has to exploit her young maid. Of forbidden passion What she doesn't know is that Sophie has met Ash once before. And as Lady Beatrice's devious plan unravels, Sophie has two choices: refuse to be a mere plaything for the man she loves so desperately, or give in to the thrill of unimaginable sexual pleasure . . .

Practical Feng Shui - Simon Brown 1997

Feng Shui is the ancient Chinese art of designing your surroundings in order to channel the positive energies of the universe and promote success in life, health, wealth, and happiness. This book shows readers the way with guidance in choosing colors, fabrics, plants, artwork, mirrors, lighting, and more.

FENG SHUI - Pierfrancesco Ros 2020-06-09

Feng Shui, the art of Wind and Water, emerged 3,000 years ago in China and gradually evolved over time as new theories and new models were introduced. While its development was driven by the primary needs of survival and defence, it would later be enhanced with concepts relating to culture, philosophy, the climate and the territory. Thanks to the work of Pierfrancesco Ros' Accademia Italiana di Architettura Feng Shui, Feng Shui has been further expanded with ancient and modern knowledge relating to environmental well-being. Feng Shui Architecture offers the reader project guidelines for use in town planning, architecture, interior design and ecodesign. The first volume examines the key issues of the earth way and the sky way. The second and final volume, produced with the contribution of the Accademia di Psico Architettura, looks at the man way, establishing a global approach to various types of environmental analysis and design for a complete understanding of Holistic Architecture.

Tasting the Landscape. 53rd IFLA World Congress (Torino, 20-22 Aprile 2016) - 2016

Feng Shui for Healing - Rodika Tchi 2019-11-12

Accessible ancient wisdom for a happy modern home. Creating a powerful and healing home sanctuary is the essence of feng shui--the Chinese system of designing a space based on how energy flows. Feng Shui for Healing is a modern interpretation of this ancient wisdom, presented with empowering advice and step-by-step guidance for using your own space to nurture wellness and vitality. Improper feng shui can keep you from feeling comfortable in your home and keep you stuck in old thoughts, stubborn habits, and stalled health goals. But with this book, you can learn to free up that energy with simple, time-tested feng shui home edits--like adding imagery that fosters a lighter mood and happier relationships. When the energy in your space moves freely, you'll feel better inside and out. Feng Shui for Healing is your accessible guide to: Practical exercises--Discover simple rituals to sanctify your time and

space, with actionable steps you can take right away. Mindful pauses--Simple breathing exercises are included throughout to help you slow down and check in with yourself as you take on this powerful home energy work. The 9 life areas--See how feng shui can enhance and protect family, friends, prosperity, health, reputation, career, creativity, relationships, and knowledge. Make your home more comfortable and restorative with this fun and easy start to feng shui.

Feng Shui and the 5-Element Kitchen - Ilse Maria Fahrnow 2000-10-01
This unique cookbook combines the doctrine of Feng Shui with 5-element nutrition theory.

The Memory of Evil - Roberto Costantini 2015-09-03
Everything started from that day. The memory of 31 August 1969 has been at the back of Commissario Michele Balistreri's mind for over four decades. It was not only the day that preceded Colonel Muammar Gaddafi's seizure of power in Balistreri's birthplace of Libya, drastically altering his and his country's destiny, but that on which his beloved mother Natalia fell to her death, and the resulting suicide verdict that Balistreri - now Head of Homicide in Rome - has always suspected to be a flagrant cover-up for her murder. The memory of 23 July 2006 has been at the front of investigative journalist Linda Nardi's mind for the past five years. Ever since her and Balistreri together thwarted a phantom-like killer stalking Rome, Nardi has been intent on shedding further light on the Vatican Bank's shadowy involvement in the abominations uncovered that summer. But now Linda will find her attention diverted to an equally irresistible assignment: the collapse of Colonel Gaddafi's forty-two year dictatorship. The Memory of Evil is the earth-shattering finale to Roberto Costantini's internationally bestselling trilogy, in which one woman will encounter a long-entombed truth in the rubble of Gaddafi's Tripoli: unearthing a conspiracy neither she, nor the man it was designed to protect, will ever be able to erase from their minds.

Feng shui. L'arte di creare ambienti accoglienti e salutari - Günther Sator 2019

Feng Shui. The Earth Way and the Sky Way - Stefano Parancola 2020

Endless Enemies - Jonathan Kwitny 1986
Addresses the problems with American foreign policy, examining the ramifications and costs of current, fear-based policies and explaining how a refusal to take sides can benefit the United States

Mindfield - Gregory Corso 1998
Gregory Corso's an aphoristic poet, and a poet of ideas. What modern poets write with such terse clarity that their verses stick in the mind without effort? Certainly Yeats, Pound, Williams, Eliot, Kerouac, Creeley, Dylan, & Corso have that quality. --from the Preface titled "On Corso's Virutes," by Alan Ginsberg

Cognitive Linguistics - William Croft 2004-01-22
Cognitive Linguistics argues that language is governed by general cognitive principles, rather than by a special-purpose language module. This introductory textbook surveys the field of cognitive linguistics as a distinct area of study, presenting its theoretical foundations and the arguments supporting it. Clearly organised and accessibly written, it provides a useful introduction to the relationship between language and cognitive processing in the human brain. It covers the main topics likely to be encountered in a course or seminar, and provides a synthesis of study and research in this fast-growing field of linguistics. The authors begin by explaining the conceptual structures and cognitive processes governing linguistic representation and behaviour, and go on to explore cognitive approaches to lexical semantics, as well as syntactic representation and analysis, focusing on the closely related frameworks of cognitive grammar and construction grammar. This much-needed introduction will be welcomed by students in linguistics and cognitive science.

Shibumi - Trevanian 2005-05-10
A classic spy novel from the bestselling author, Trevanian, about a westerner raised in Japan who becomes one of the world's most accomplished assassins. Nicholai Hel is the world's most wanted man. Born in Shanghai during the chaos of World War I, he is the son of an aristocratic Russian mother and a mysterious German father and is the protégé of a Japanese Go master. Hel survived the destruction of Hiroshima to emerge as the world's most artful lover and its most accomplished—and well-paid—assassin. Hel is a genius, a mystic, and a master of language and culture, and his secret is his determination to attain a rare kind of personal excellence, a state of effortless perfection known only as shibumi. Now living in an isolated mountain fortress with his exquisite mistress, Hel is unwillingly drawn back into the life he'd

tried to leave behind when a beautiful young stranger arrives at his door, seeking help and refuge. It soon becomes clear that Hel is being tracked by his most sinister enemy—a supermonolith of international espionage known only as the Mother Company. The battle lines are drawn: ruthless power and corruption on one side, and on the other . . . shibumi.

Fun Mandala - Coloring Book World 2021-04-21
These fun coloring pages will help children improve their manual dexterity through coloring. The ideal gift for friends and family, coloring is also scientifically proven to reduce stress levels, help you focus, and promote feelings of calmness, peace and wellbeing. If you enjoy coloring and want to escape the stress of daily life and relax, forgetting your troubles, this book is for you. Grab your copy now and start coloring!

Frida Kahlo for Girls and Boys - 2017-05
The English Version of the book *Frida Kahlo para niñas y niños* by Nadia Fink and illustrated by Pitu Saa. A children's biography of Mexican feminist Frida Kahlo.

Frei Otto, Bodo Rasch - Sabine Schanz 1995

Feng Shui Modern - Cliff Tan 2022-01-20
The ancient practice of feng shui is uncovered in this simple and practical guide, revealing the tools that will lead to a healthier, happier home for every budget. How do you place a bed in an awkward room? How can your space help you be more focused and more productive? How do you set up your room to make you ready for romantic love? It's simple! In *Feng Shui for Modern Living*, TikTok influencer Cliff Tan answers these questions and more, explaining the ancient practice of feng shui and how it can be translated to modern homes. Cliff has become an internet sensation with his videos demonstrating the principles of feng shui, and in this practical guide he shows how to apply these principles room-by-room in your own home. He takes you behind the mysticism to reveal the logic behind feng shui. This is the key to unlocking the power of this ancient practice: once you understand the logic, your application of feng shui will work every time. There is no room too challenging, no problem that feng shui can't unravel. That's why people have been using it for thousands of years. In the tradition of Marie Kondo and Mrs Hinch, this guide will revolutionise how you think about your space. It's feng shui made simple, and anyone can learn.

The Art of Discarding - Nagisa Tatsumi 2017-03-14
The book that inspired Marie Kondo's *The Life Changing Magic of Tidying Up*, Nagisa Tatsumi's international bestseller offers a practical plan to figure out what to keep and what to discard so you can get--and stay--tidy, once and for all. Practical and inspiring, *The Art of Discarding* (the book that originally inspired a young Marie Kondo to start cleaning up her closets) offers hands-on advice and easy-to-follow guidelines to help readers learn how to finally let go of stuff that is holding them back -- as well as sage advice on acquiring less in the first place. Author Nagisa Tatsumi urges us to reflect on our attitude to possessing things and to have the courage and conviction to get rid of all the stuff we really don't need, offering advice on how to tackle the things that pile up at home and take back control. By learning the art of discarding you will gain space, free yourself from "accumulation syndrome," and find new joy and purpose in your clutter-free life.

L'imprenditore spirituale - Marc Baco 2021-10-30
L'imprenditore spirituale si differenzia dalle sue controparti "materialiste" perché applica le leggi spirituali nel suo lavoro. Alcune indicazioni su questo tema vengono fornite nel corso del libro.

Wabi-Sabi: Further Thoughts - Leonard Koren 2015-03-16
A follow-up book to the classic *Wabi-Sabi: for Artists, Designers, Poets & Philosophers*.

Nio Architecten - Maurice Nio 2012
Rotterdam-based NIO architecten, led by Maurice Nio and Joan Almekinders, was founded in 2000. Their work entails an array of diverse projects, such as sports and leisure, retail, infrastructure, culture and private housing, and is situated primarily in the Netherlands. The office strives to be innovative and to create an inspiring environment. Besides an interview with Maurice Nio, this monograph includes numerous projects and concepts, presented in extensive detail through drawings, photographs and renderings. Among the more than 30 projects detailed, highlights include sound barrier houses, a blue retail park, an amorphous orange bus stop and eye-catching bridges.

Healing Gardens - Clare Cooper Marcus 1999-06-15
Although the healing qualities of nature have been recognized and relied on for centuries as a valuable part of convalescence, recent history has seen nature's therapeutic role virtually eclipsed by the technological dominance of modern medicine. As the twentieth century comes to a

close and the medical community reacknowledges the importance of the environment to recovery, the healing garden is emerging as a supplement to drug- or technology-based treatments. Healing Gardens celebrates this renewed interest in nature as a catalyst for healing and renewal by examining the different therapeutic benefits of healing gardens and offering essential design guidance from experts in the field. Unique and comprehensive, Healing Gardens provides up-to-date coverage of research findings, relevant design principles and approaches, and best practice examples of different types of healing gardens. It begins by exploring what current research reveals about the connection between nature, human stress reduction, and medical outcomes. It then presents case studies and design guidelines for outdoor spaces in medical settings that include general, psychiatric, and children's hospitals as well as hospices, nursing homes, and Alzheimer's facilities. Historical information, literature reviews, and studies on use are included for each type of outdoor space covered, offering important insights into what works in healing gardens-and what doesn't. Generously supplemented with photographs, site plans, anecdotes, and more, Healing Gardens is an invaluable practical guide for landscape architects and others involved in creating and maintaining medical facilities, and an extremely useful reference for those responsible for patient care. A unique and comprehensive look at the therapeutic effects and design of healing gardens For more and more people, the shortest road to recovery is the one that leads through a healing garden. Combining up-to-date information on the therapeutic benefits of healing gardens with practical design guidance from leading experts in the field, Healing Gardens is an important resource for landscape architects and others working in this emerging area. With the help of site plans, photographs, and more, it presents design guidelines and case studies for outdoor spaces in a range of medical settings, including: * Acute care general hospitals. * Psychiatric hospitals. * Children's hospitals. * Nursing homes. * Alzheimer's facilities. * Hospices.

Alvar Aalto - Göran Schildt 1994

With the full cooperation of the Alvar Aalto Foundation, Goran Schildt has explored its archives, and some 20,000 letters, memoranda and contemporary newspaper cuttings as well as many building models, to ensure that every work is included in this volume.

Secrets of Space Clearing - Denise Linn 2021-01-26

Learn mystical methods for clearing and uplifting the energy in your home, including feng shui, clearing clutter (physical, emotional, or spiritual), essential oils, and crystals. Space clearing is the art of cleansing and harmonizing the energy within an environment. This ancient practice has the power to not only make your home feel good but also help those within to feel more positive and energetic, to bring balance to relationships, and to remove blocks for increased abundance, creativity, and well-being. In this comprehensive guide to space clearing, internationally best-selling author Denise Linn distills more than 50 years of experience as a leading authority in energy healing to guide you through sacred ceremonies and modern techniques for regaining control of the energy in any environment, including your home and your body. You'll learn how to transform any space using feng shui, clutter clearing, prayer, crystals, essential oils, mystic mudras, holy water, pendulums, and more!

Animal Migration - D. J. Aidley 1981-10-30

101 Zen Stories - Nyogen Senzaki 1940

There was an old woman in China who had supported a monk for over twenty years. She had built a little hut for him and fed him while he was meditating. Finally she wondered just what progress he had made in all this time. To find out, she obtained the help of a girl rich in desire. "Go and embrace him," she told her, "and then ask him suddenly: 'What now?'" The girl called upon the monk and without much ado caressed him, asking him what he was going to do about it. "An old tree grows on a cold rock in winter," replied the monk somewhat poetically. "Nowhere is there any warmth." The girl returned and related what he had said. "To think I fed that fellow for twenty years!" exclaimed the old woman in anger. "He showed no consideration for your need, no disposition to explain your condition. He need not have responded to passion, but at least he could have evidenced some compassion." She at once went to the hut of the monk and burned it down. This Zen classic includes the following stories: 1. A Cup of Tea 2. Finding a Diamond on a Muddy Road 3. Is That So? 4. Obedience 5. If You Love, Love Openly 6. No Loving-Kindness 7. Annoucement 8. Great Waves 9. The Moon Cannot Be Stolen 10. The Last Poem of Hoshin 11. The Story of Shunkai 12. Happy Chinaman 13. A Buddha 14. Muddy Road 15. Shoan and His Mother 16.

Not Far From Buddhahood 17. Stingy in Teaching 18. A Parable 19. The First Principle 20. A Mother's Advice 21. The Sound of One Hand 22. My Heart Burns Like Fire 23. Eshun's Departure 24. Reciting Sutras 25. Three Days More 26. Trading Dialogue For Lodging 27. The Voice of Happiness 28. Open Your Own Treasure House 29. No Water, No Moon 30. Calling Card 31. Everything is Best 32. Inch Time Foot Gem 33. Mokusen's Hand 34. A Smile in His Lifetime 35. Every-Minute Zen 36. Flower Shower 37. Publishing the Sutras 38. Gisho's Work 39. Sleeping in the Daytime 40. In Dreamland 41. Joshu's Zen 42. The Dead Man's Answer 43. Zen in a Beggar's Life 44. The Thief Who Became a Disciple 45. Right and Wrong 46. How Grass and Trees Become Enlightened 47. The Stingy Artist 48. Accurate Proportion 49. Black-Nosed Buddha 50. Ryonen's Clear Realization 51. Sour Miso 52. Your Light May Go Out 53. The Giver Should Be Thankful 54. The Last Will and Testament 55. The Tea-Master and The Assassin 56. The True Path 57. The Gates of Paradise 58. Arresting the Stone Buddha 59. Soldiers of Humanity 60. The Tunnel 61. Gudo and the Emperor 62. In the Hands of Destiny 63. Killing 64. Kasan Sweat 65. The Subjugation of a Ghost 66. Children of His Majesty 67. What Are You Doing! What Are You Saying! 68. One Note of Zen 69. Eating the Blame 70. The Most Valuable Thing in the World 71. Learning to Be Silent 72. The Blockhead Lord 73. Ten Successors 74. True Reformation 75. Temper 76. The Stone Mind 77. No Attachment to Dust 78. Real Prosperity 79. Incense Burner 80. The Real Miracle 81. Just Go to Sleep 82. Nothing Exists 83. No Work, No Food 84. True Friends 85. Time to Die 86. The Living Buddha and the Tubmaker 87. Three Kinds of Disciples 88. How to Write a Chinese Poem 89. Zen Dialogue 90. The Last Rap 91. The Taste of Banzo's Sword 92. Fire-Poker Zen 93. Storyteller's Zen 94. Midnight Excursion 95. A Letter to a Dying Man 96. A Drop of Water 97. Teaching the Ultimate 98. Non-Attachment 99. Tosui's Vinegar 100. The Silent Temple 101. Buddha's Zen

Satori in Paris and Pic - Jack Kerouac 2007-12-01

Satori in Paris and Pic, two of Jack Kerouac's last novels, showcase the remarkable range and versatility of his mature talent. Satori in Paris is a rollicking autobiographical account of Kerouac's search for his heritage in France, and lands the author in his familiar milieu of seedy bars and all-night conversations. Pic is Kerouac's final novel and one of his most unusual. Narrated by ten-year-old Pictorial Review Jackson in a North Carolina vernacular, the novel charts the adventures of Pic and his brother Slim as they travel from the rural South to Harlem in the 1940s.

Feng Shui That Makes Sense - Cathleen McCandless 2011

You don't need to be a professional designer or a feng shui expert in order to have a beautiful, comfortable home. Feng Shui That Makes Sense takes you step-by-step through the process of using feng shui principles to create a home that will please your eye, relax your body, inspire your mind, and lift your spirit. After reading this book, you will be able to: • Easily create a home of beauty, harmony, and comfort • Learn basic feng shui principles that work every time in every space • Improve the look and feel of any room in your home • Discover the origins of popular feng shui myths and misunderstandings • Enhance the areas of your home relating to Love, Money, Health, Family, and more • Apply feng shui principles to your landscape and garden • Integrate nature and natural materials into your living space • Clear your home of unwanted energy • Create a home that nurtures and inspires you physically, mentally, and spiritually • Understand how and why your environment affects you the way it does

Feng shui e space clearing - Karen Kingston 2016-07-06

Nelle nostre case si accumula spesso una marea di oggetti inutili, ricordi di un passato non sempre piacevole, frammenti di una vita che un tempo ci apparteneva ma che oggi ci appare lontana. Inoltre il disordine materiale intrappola molta energia con effetti di ampia portata sul piano fisico e psicologico, emotivo e spirituale. Attraverso il Feng Shui, l'antica arte cinese che insegna ad accordare l'ambiente con il nostro spazio interiore, e lo space clearing, la tecnica specifica che l'autrice ha sviluppato, possiamo imparare un metodo per affrancarci da tutto ciò che è diventato inutile. Un'attenta strategia ci insegnerà a individuare gli oggetti superflui, a liberarcene una volta per tutte e a fare ordine anche nella nostra mente, lasciando spazio a ciò che si desidera veramente.

Clear Your Clutter with Feng Shui (Revised and Updated) - Karen Kingston 2016-01-05

In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental,

emotional, and spiritual effects. You'll be motivated to clutter clear as never before when you realize just how much your junk has been holding you back! You will learn: - Why people keep clutter - How clutter causes stagnation in your life - How to clear clutter quickly and effectively - How to live clutter-free

Violeta Parra for Girls and Boys - Nadia Fink 2017-11

The second in the Spanish Anti-Princess series explores the life of Violeta Parra, one of Chile's most famous musicians. This engaging nonfiction Spanish text is coupled with colorful illustrations, photographs and activity pages as readers learn about an extraordinary woman and a true superhero. Though her husband expected her to play the part of a submissive housewife, her passion could not be contained; instead, she scoured the Chilean countryside learning about and gathering folkloric music. A self-taught musician, she dedicated herself to preserving traditional songs that had nearly been forgotten, and was recognized internationally for her music as well as her painting and embroidery.

Facts about Violeta's life and efforts are woven together with colorful illustrations, rich vocabulary and song lyrics to create an engaging exploration of one Chile's most heralded artists.

Empowering Women - Louise L. Hay 2009-11

With the 21st century upon us, many people are talking about all the "earth changes" that will occur. However, in this inspirational book, best-selling author Louise L. Hay reveals that the primary changes we will see will be internal changes. She points out that when we, as women, are willing to shift our internal ground, our earth, we will operate on a much more expanded level in life. Louise's goal is to see that all women experience self-love, self-worth, self-esteem, and a powerful place in society. In her inimitably warm and forthright manner, she offers penetrating insights into how women of all ages and backgrounds can achieve this goal and make the coming years the most productive, fulfilling, and empowering ones ever!