



In Praise of the Crone

Dorothy Morrison

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Dorothy Morrison was shocked when she began menopause at thirty-two. But she discovered that this was the best thing that ever happened to her. In her book, *In Praise of the Crone*, she reveals her discoveries for making this the best time in her life. You can make this an exhilarating, fun transition, too.

For too long, society has been saying that age is not good and that older people have no energy or verve. Youth has its importance, but so does maturity. Here you will learn the truth: that personal value, self-worth, and true beauty all increase with age.

Remember when you were very young and wished to be older? This book confirms what you've always suspected: that maturity is the beginning of life's liberties and freedom. You'll discover that youth is only a dress rehearsal for the fun, happiness, and satisfaction that come with the menopausal transition.

As we have wandered farther from Pagan and natural roots, menopause has caused problems for many women. *In Praise of the Crone* shows you how to use spells, formulas, rituals, recipes, and meditations in order to use this stage of life to increase your levels of joy and pleasure. You'll learn home remedies to avoid the need for hormone replacement therapy or prescription drugs.

This book is a sassy guide to Cronehood. It gives practical techniques and herbs you can use to prevent some of the nuisances normally associated with menopause. It even shows you how you can actually use the energy of this transition ("hot flash energy") to empower your magic!

This book is fun, lively, and entertaining. If you are approaching menopause, experiencing it, or past it, get a copy today.

Winner of the 2000 Coalition of Visionary Resources (COVR) Award for best Biographical/Personal Book

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