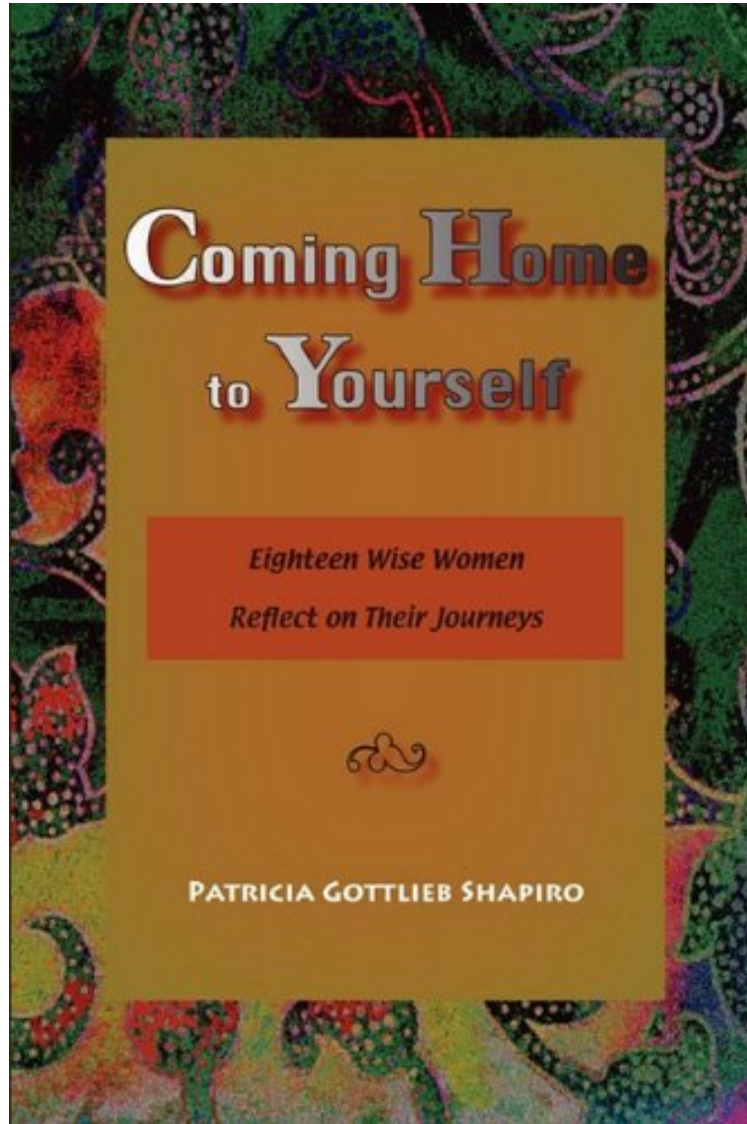


(Free read ebook) Coming Home to Yourself: Eighteen Wise Women Reflect on Their Journeys

Coming Home to Yourself: Eighteen Wise Women Reflect on Their Journeys

Patricia Gottlieb Shapiro

*audiobook / *ebooks / Download PDF / ePub / DOC*



[Download](#)

[Read Online](#)

#2530642 in Books Gaon Books 2010-07-29 Original language: English PDF # 1 9.02 x .51 x 5.98l, .73 #File Name: 1935604023222 pages | File size: 76.Mb

Patricia Gottlieb Shapiro : Coming Home to Yourself: Eighteen Wise Women Reflect on Their Journeys before purchasing it in order to gauge whether or not it would be worth my time, and all praised Coming Home to Yourself: Eighteen Wise Women Reflect on Their Journeys:

1 of 1 people found the following review helpful. A Book for Women of All Ages By Pat Burroughs KutayPat Shapiro has done something different in "Coming Home to Yourself." First, she introduces each woman by giving a bird's eye

view of that individual's journey. Then, she allows the women--many of whom are gifted writers in their own right--to tell "in their own words" what brought them home to themselves. This combination of narratives draws in the reader, helping her feel she is having a personal conversation with each of the eighteen women in the book. Because these women are willing to share their deepest selves, they show us the value of introspection and how, even later in life, the courage to try something new can lead to fulfillment and joy. The women Shapiro has chosen represent a broad spectrum of experiences, religions, interests and viewpoints. Yet within these diverse histories we see a common thread--that no matter what our differences, it is our willingness to delve into the recesses of our being that brings us home. While there is no blueprint for ageing, the examples given of women trusting themselves affirm the belief that life can be deeper and fuller than we ever could have imagined a few decades earlier. Some of these women discover their path over years of trial and error. Others are caught short by a loved one's illness or an accident which leads to a reversal in the way she views her life. But in reading these stories, I learned there is no "right" or "wrong" way to come home to myself. And even more reassuring (validating) is the fact that I know that I'm not alone in listening to my heart. Women of any age will find inspiration and guidance from the examples of these fellow-travelers. Pat and Steve Kutay

1 of 2 people found the following review helpful. a book that provokes as well as inspires By M. Sandmaier Pat Shapiro has taken on a little-understood and invigorating topic: The real lives of women over the age of 60. In these first-person stories of women who are leading complex and meaningful lives in their 60s, 70s and 80s, Shapiro probes the dark times in a woman's life as well as her courage and willingness to re-invent herself. Each woman confronts a turning point--or several of them--and makes a commitment in mid-life or later to something that expresses her truest self. The poet David Whyte wrote: There is only one life you can call your own and a thousand others you can call by any name you want. Each of these women has claimed the life that is truly her own. Pat Shapiro has given us a beautiful, insightful book that bears witness to the daring and vitality of these women. This book inspires the reader to ask: What can I do to more fully claim my own life?

0 of 0 people found the following review helpful. Coming Home to Yourself By Lorraine Schechter Pat Shapiro has been writing on women's issues for more than twenty years. With each of her books, her insights have deepened allowing us to share through her writing our own changing concerns as women. In this new book, we have an insider's view into the lives of eighteen remarkable women--women just like us--who are learning to be and become all that they each aspire to be, as, in Pat's words, "they come home to themselves." Their stories offer an inspiring journey for women of all ages seeking a more meaningful and authentic life. In an era of so much doubt and confusion, it is a delight to find an affirmation for the unfolding process of our lives. Lorraine Schechter, artist/poet and author of *The Seasons of Yes: Poems and Images* *The Seasons of Yes (Collector's Edition)*

"Coming Home to Yourself: Eighteen Wise Women Reflect on Their Journeys" by Patricia Gottlieb Shapiro honors the changing face of aging and shatters stereotypes about older women. The diverse, multi-cultural group of women featured in this book are vital, resilient, and continue to grow. They have all experienced a turning point later in life, which has brought them home to their deepest selves. No matter what their culture, religion, lifestyle, economics or personal challenges, all the women arrived at the same internal destination: a place within themselves of comfort and familiarity, of harmony and wholeness, and of acceptance and love for themselves. Their moving stories of self-discovery and empowerment will inspire women of any age to continue their quest to find their own authentic home. Pat Shapiro is an award-winning author who has written or co-authored seven other nonfiction books. She has a master's degree in social work and specializes in writing and speaking on women's issues, midlife and friendships. She is a widely sought lecturer, writing coach and yoga teacher.