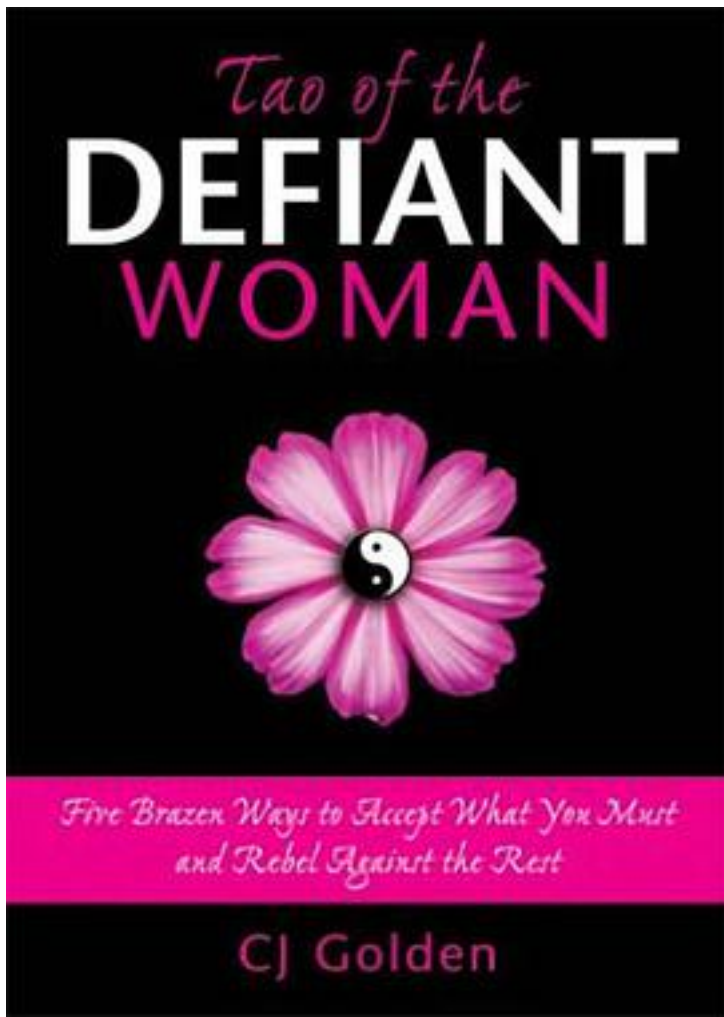


# Tao of the Defiant Woman



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Women find it can be tough to balance changes in our bodies, career moves, family

and all our other obligations and activities. The five principles of the Defiant Woman show how to defy outdated stereotypes, self-defeating behaviors and limitations, while maintaining inner peace: ? Recognize that your body is changing and be thankful that it continues to work as well as it does? Understand that your relationships are ever evolving and you?re a work in progress too? Treasure your friends and draw strength from the community of women? Seek positive role models and strive to be a like example for those younger than you? Know that the world too is continuing to develop and be content because there is always something new and exciting to learn The Tao of the Defiant Woman is a unique and invigorating approach to the challenges modern women face that combines Taoism, the ancient Chinese philosophy of acceptance, with a healthy dose of defiance.

作者介绍:

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