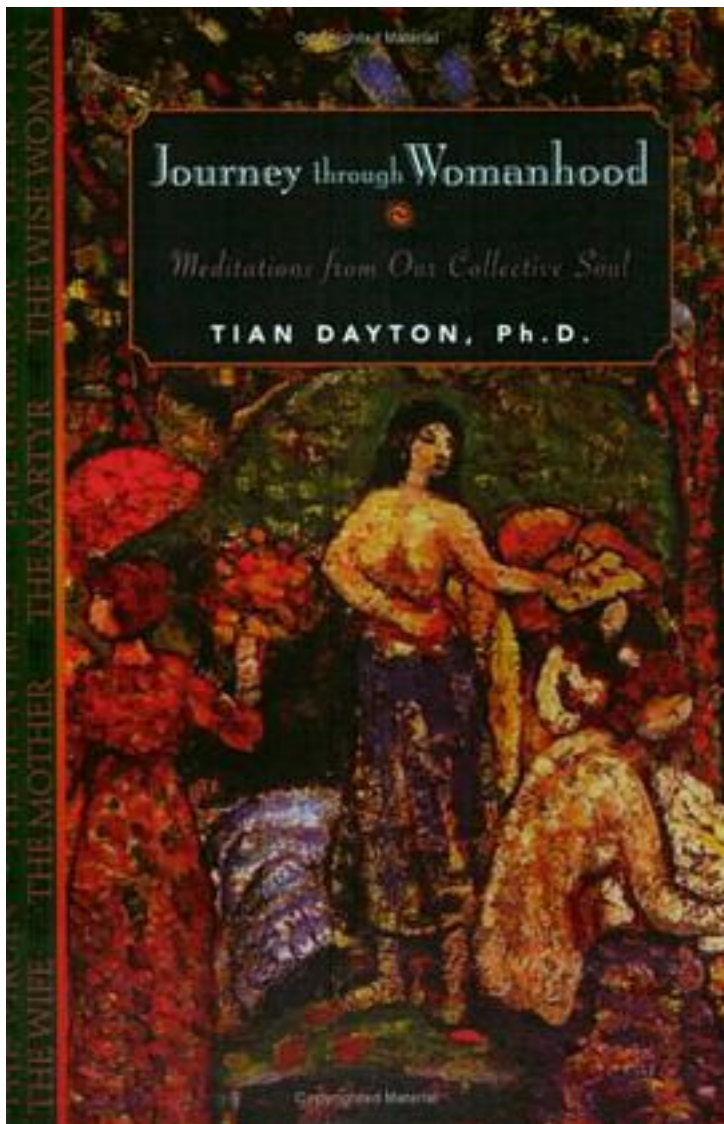


# Journey Through Womanhood



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"Women cultivate a sense of self through relationships," says Tian Dayton. "And women nurture their soul through different roles embraced in life." In her beautifully rendered book of daily meditations, Dr. Dayton explores women's roles and relationships through eight distinct archetypes of womanhood drawn from history and culture: The Virgin, The Huntress, The Warrior, The Lover, The Wife, The Mother, The Martyr, and The Wise Woman. Each icon of femininity offers rich insight into universal experiences and truths for women, gently challenging, affirming, and empowering readers. Features: meditations and quotations from women offer insight and encouragement format provides daily reminder of commitment to personal growth a thoughtful gift for a friend, loved one, or co-worker. Tian Dayton, Ph.D., is a clinical psychologist, acclaimed author, and nationally recognized expert in the fields of psychodrama and addictions. She has been featured on National Public Radio, the American Health Network, and numerous television talk shows, including The Montel Williams Show, Ricki Lake, and Geraldo. She lives in New York.

作者介绍:

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