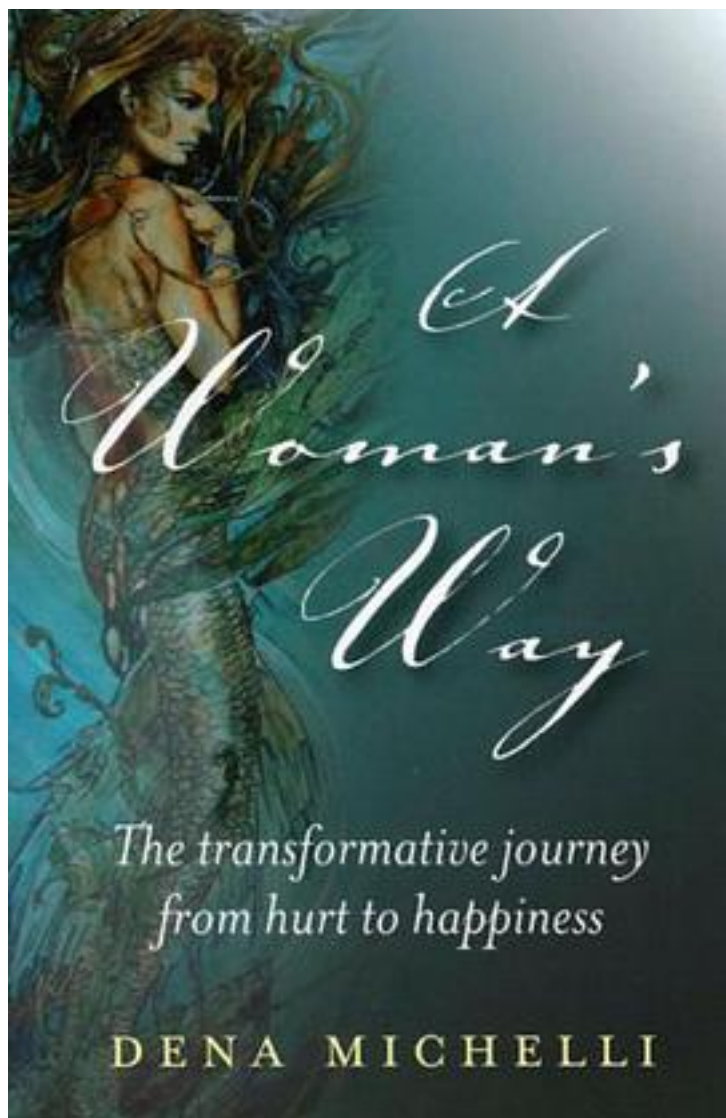


A Woman's Way



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"A Woman's Way" is an optimistic account of transformative growth which maps the journey from inner turmoil to confidence, joy and fulfilment. This is a spiritual journey that is offered to all in early to middle adulthood but in this instance, the wisdom of a group of twelve women has been tapped to illuminate the process. Through an economical sharing of their experiences, the features of this journey are brought to light and ideas for getting through it are recommended. Describing the path that they have trodden removes its mystique and diminishes any fear that other travellers may have of exploring this (inner) landscape. Although challenging, it is an exciting journey that enables women to find their true expression and live vigorously and vitally in the world. Many who tread this path report the arrival at their destination in the most glowing terms as the dysfunctional behaviours of the past are shed in favour of self-confidence and self-responsibility. This is called the 'becoming' journey to suggest its ongoing nature and the dynamic of emerging beauty.

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