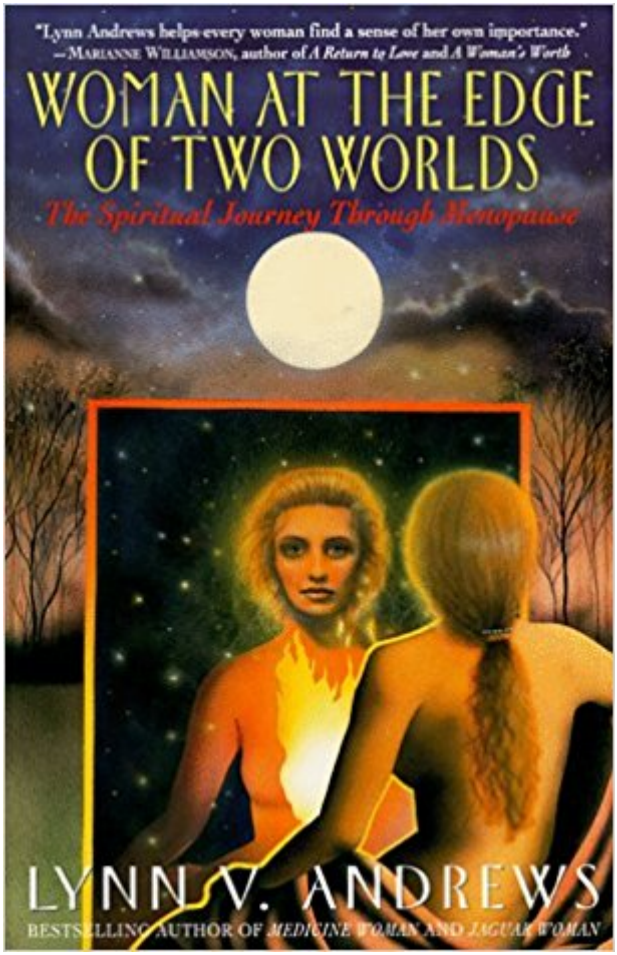
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Woman At The Edge Of Two Worlds



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Synopsis

This inspiring and intimate guide through the complex emotions of menopause helps to create new ritual and meaning for this significant passage in a woman's life.

Book Information

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Best Sellers Rank: #589,591 in Books (See Top 100 in Books) #30 inÃ Â Books > Health, Fitness & Dieting > Women’s Health > Menopause #1361 inÃ Â Books > Medical Books > Basic Sciences > Physiology #1471 inÃ Â Books > Health, Fitness & Dieting > Women’s Health > General

Customer Reviews

Combining feminism and mysticism in a positive approach to menopause, Andrews (Medicine Woman) proclaims that this stage of life marks the liberation of women from the physical and psychological stresses of their younger years, and signals the onset of a more powerful life of the spirit. And while some menopausal women may not identify themselves readily as "sacred women, keepers of the eternal fire," fire is frequently invoked here, as are shamans and the ancient Native American Sisterhood of the Shields. The book, based on Andews’s own experiences and those of four of her "apprentices," warns of symptoms of hormonal rebalancing and suggests the use of estrogen to counter osteoporosis, but also emphasizes that menopause can give "access to the beginning of a new, beautiful way of life" by the use of special "sacred" herbs; and through exercise, like tai chi; visualization; and ceremonies involving playing drums and dancing in honor of the "Great Spirit Mother Earth." For some readers, Andrews may open doors; for others, her position and her proselytizing will be bunkum. Illustrated. Copyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Given the title, as well as the neo-Castanedan spiritual odyssey that the author has undertaken in the past (Shakkai, 1992; The Woman of Wyrrd, 1990; etc.), Andrews’s newest journey is ironically

physical, even clinical, seeming to contradict her own thesis that a spiritual awakening compensates for the physical losses occasioned by menopause. In spite of her ritual dancing and eating, Andrews, we learn, suffers severe menopausal symptoms: sweating, crying, swelling, and physiological changes that she describes in amazing detail (bone loss; ``thinning of the vagina'')--with these details supplemented as she tells more than most readers need or will want to know about a gynecological examination by the ubiquitous heartless brute who so often shows up as a physician in feminist literature. Figures from previous books--the indefatigable Agnes Whistling Elk and Ruby Plenty Chiefs--appear, along with gourds, costumes, talking sticks, ``personal smudge bowls,'' a finicky diet, and personable wolves and uncanny bears who materialize for ritual dances. But instead of Andrews's usual dream flights to alien cultures or visits to other times, here she flies by scheduled airline, gets caught in traffic jams, mourns the death of her mother, and, while swimming with her boyfriend in Nevada, deals with the embarrassment of her wayward estrogen patch floating to the surface. She discusses menopause and women's life cycles with her apprentices, and confesses to having been raised in a dysfunctional family and abused as a child, and to being afflicted with denial. Boring, humorless, and unimaginative. Anyone interested in menopause should turn instead to Gail Sheehy's The Silent Passage or Germaine Greer's The Change. (Illustrations) -- Copyright Ã Â©1993, Kirkus Associates, LP. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

good read

Thank you!

This gave me a lot of information that no one would tell me. It gave individual stories about each persons experience with menopause.

I am a Lynn V. Andrews fan from way back. I gave this book a quick read and will peruse it further when menopause actually applies to me. I'm hoping it's soon!!

Love this book. Wonderful thoughts on unconditional acceptance of self & American society's strange views about menopause.

Although the book is entertaining, I'm disappointed in Lynn's promotion and use of estrogen. Not

only is it dangerous, it is unnatural. I would think someone like Lynn Andrews would embrace natural aging without the use of hormone replacement. Her courage and power as a healer falls short by not facing the trials and perils of aging naturally which includes accepting that estrogen is not longer needed by the woman's body to function. True its not for the faint hearted but I would expect no less of her. While whining about the difficulties of menopause while taking estrogen, leaves women who can't or won't take estrogen grappling for answers for empowered approach to going through the natural aging process without the assistance of replacement hormones. Her self admitted approach in this book exposes her as being attached to youth and beauty like so many others in our culture and she comes off as superficial and shallow, the exact opposite of what you would expect from a shaman.

good product with high quality. I received this product on time and in very safe packaging. Cutting a watermelon was the first opportunity to use it.It sliced through the whole melon easier than any product I've owned before. Can't beat that. I'm happy. helpful. it is recommend. my family all need it ,

I have followed Lynn Andrews' books for many years and while I had purchased this one a long time ago, I never read it. Not until I began having my own questions and challenges with menopause. Deep inside me there was a sense that this is indeed a sacred time of transformation and a coming of age that has not been appreciated or explored by women of our culture. Andrews takes the reader through her own experience (complicated by the loss of her mother), the highs and the lows, including a hysterical interaction with a male physician (the sum of our nightmares, I expect), and her own embarrassment of losing her estrogen patch while hottubbing with her boyfriend. She creates a 20th century journey that honors all who have gone before us and all who come after. While her medical information is somewhat shakey, I appreciate her spiritual guidance and her encouragement as we see this transition not as a door closing, but a new horizon opening. Not recommended for the narrow minded, but for those who see beyond religion and into spirit.

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