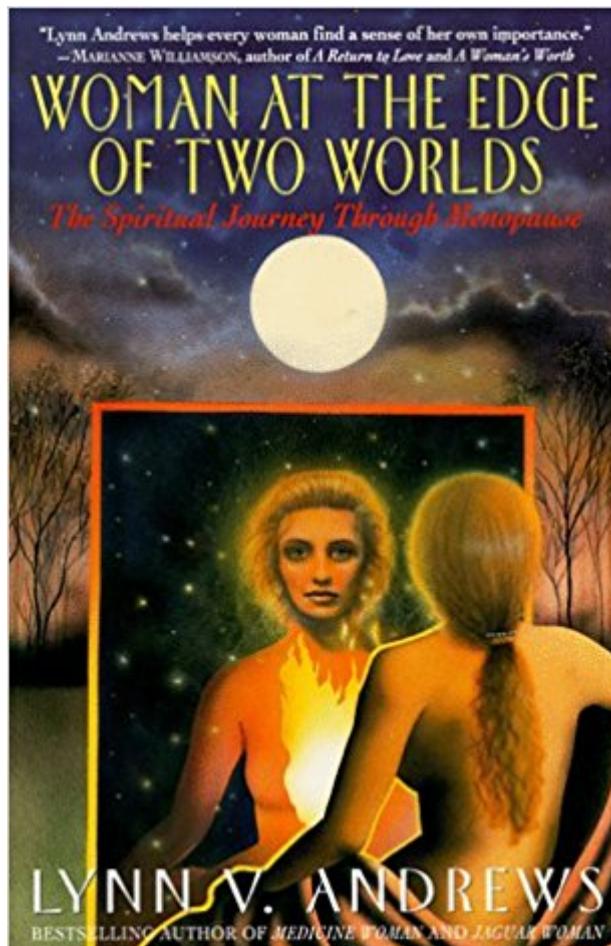


The book was found

Woman At The Edge Of Two Worlds



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

Paperback: 304 pages

Publisher: Harper Perennial (June 23, 1994)

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #911,793 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Women's Health > Menopause #1701 in Books > Medical Books > Basic Sciences > Physiology #2341 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

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.

This book, more than any other helped me know I wasn't alone during the worst times of menopause. The unreality, the feeling that I would never be normal again - very disconcerting times. The descriptions were right on, and I feel it brought me through to the other side. If you don't know what I mean, you haven't experienced it yet. If you know someone in the state of change called

Menopause, here's a great gift. -I know she has a workbook, I have not had a chance to evaluate it.

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.

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

So many books about Menopause are dry and do nothing to help one understand what's happening. Lynn's book helped me see many things I was trying not to see and know I was OK. The book should be read by every woman going into this time of life.

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!!

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

Thank you!

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