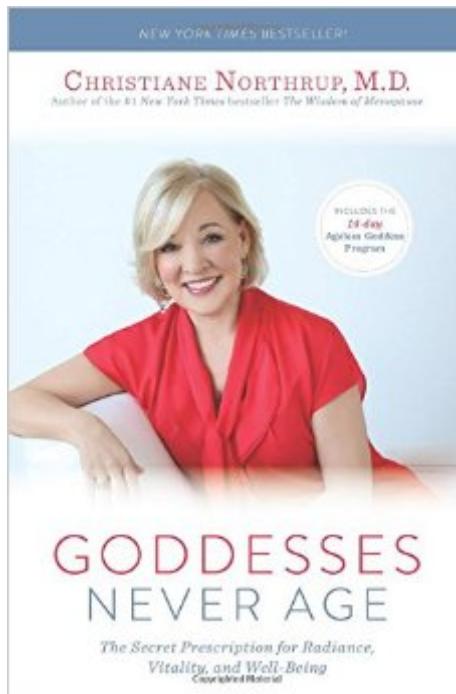


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Goddesses Never Age: The Secret Prescription For Radiance, Vitality, And Well-Being



Synopsis

Though we talk about wanting to age gracefully, the truth is that when it comes to getting older, we're programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this New York Times best-selling guide, we have it in us to make growing older an entirely different experience, both for our bodies and for our souls. In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of ageless living, from rejecting processed foods to releasing stuck emotions, from embracing our sensuality to connecting deeply with our Divine Source. Explaining that the state of our health is dictated far more by our beliefs than by our biology, she works to shift our perceptions about getting older and show us what we are entitled to expect from our later years—no matter what our culture tries to teach us to the contrary—including: Vibrant good health A fulfilling sex life The capacity to love without losing ourselves The ability to move our bodies with ease and pleasure Clarity and authenticity in all our relationships—especially the one we have with ourselves. Taking all the right supplements and pills, or getting the right procedure done, isn't the prescription for anti-aging, Dr. Northrup explains. Agelessness is all about vitality, the creative force that gives birth to new life. Goddesses Never Age is filled with tools and inspiration for bringing vitality and vibrancy into your own ageless years—and it all comes together in Dr. Northrup's 14-day Ageless Goddess Program, your personal prescription for creating a healthful, soulful, joyful new way of being at any stage of life.

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Customer Reviews

I love the message .. Christiane has been a favorite mentor of mine for over a decade. I saw her live in NYC and in Maine. She always makes me smile and feel lifted up and soooooo happy and proud to be a woman! She is honest and smart and a beautiful role model. Yes.... Buy the book and embrace every moment on this planet with her guidance!!!! I am 68 and she has guided me since I was 53!!! And now you canListen to her on Hay House Radio. Peace goddesses!!!! Love it!!P.s. I was a career counselor and self development facilitator.... SoI am a tough critic!!

Wisdom and brillance in action. After reading just the first chapter I found tips I'd never heard Dr Northrup share on her radio show, books or Public Broadcasting. So you see, even if a long term fan like I can learn something new then you, as a new fan of Christiane Northrup will benefit greatly by starting to read this today.

What an awesome book!! Why cant I give it a 100 stars!! A must read for all women of ALL ages! I bow to you Dr Northrup! I was totally filled with joy reading this book... I just couldnt put it down! Thank you thank you thank you! Bless you :)

I bought this book from my long-time mentor from afar, Christiane Northrup, for my mom who, at one point, became quite depressed about aging. She kept finding books on aging & she said they were so depressing it made her feel black & blue. I told her I had a book she needed. And this is it. For my mom is from the generation that admits few feelings, grew up in the Depression so frugality & suffering are just "normal" to them, & the generation who did not talk about many subjects that need talking about to ... age gracefully & with spunk. Dr. Northrup easily chats with the reader about every subject in a frank conversational manner that will magnetize our moms so they can't put it down. What I love about it is that it has spawned conversations with my mom that we would never, ever have been able to talk about for many subjects are taboo from her generation. AARP statistics show that the golden-year generation of our parents are not prepared for the fun & creativity of the wise elder years, with too many fallacies about getting older having been passed down from their parents, & because of this, Dr. Northrup is shaking up the generations ! She's so fun, informational, practical, surprising, & conversational, like our best doctor can be.

Wonderful book. It covers a lot of information any woman can use and needs. I am 83 years old and a retired RN and I benefited very much from reading this book.

Boomer, Millennials listen up-Dr. Northrup again provides information to women everywhere that will be a game changer!New information written in an upbeat positive manner for all those who choose to listen!

I can not say enough good about this book, I loved it. Finally words of truth, a beginning of the new paradigm which we so desperately need to begin creating. This is a must read for anyone who wishes to be healthier and/or happier spiritually, mentally or physically.

She always gives me knowledge that I can use and inspiration to change. I love watching her on PBS and she is beautiful outside as well as inside. I am still reading and absorbing all of her knowledge.Thank you for writing this awesome book, full of information to use for rest of my life, which will be very very long.

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