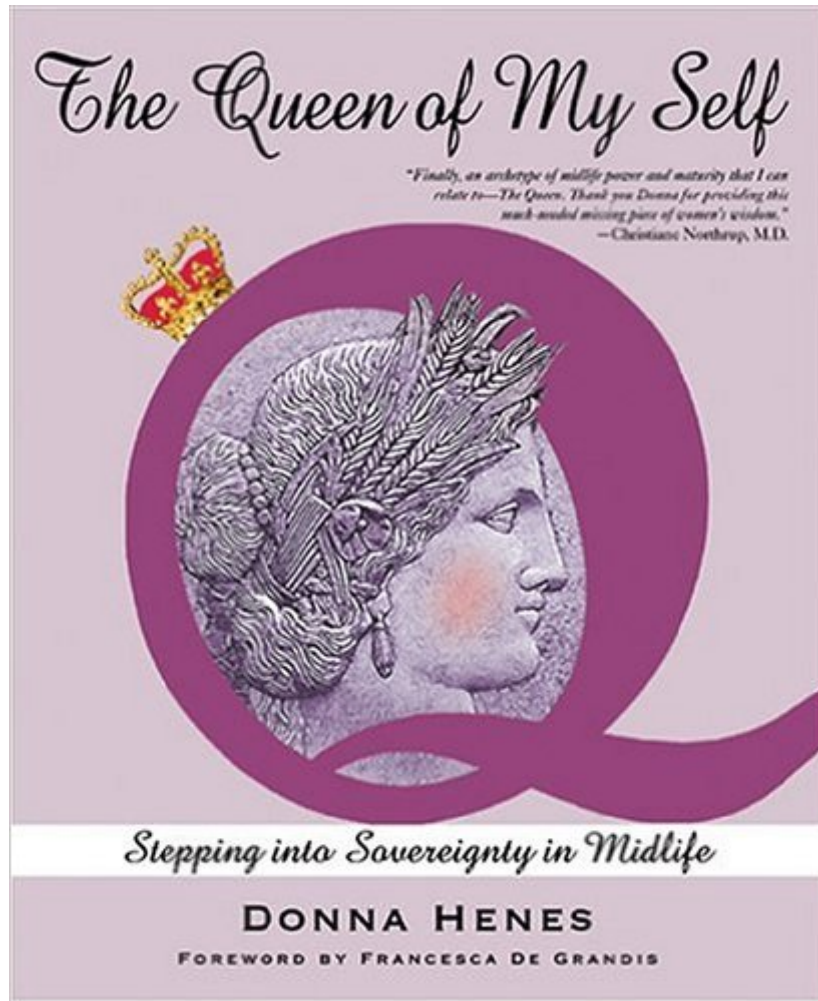


The book was found

The Queen Of My Self: Stepping Into Sovereignty In Midlife



Synopsis

From one of the leading spiritual practitioners writing and working today, a landmark book that celebrates a new mythic model for the middle years of a woman's life - *The Queen!* Millions of women are now entering or in the midst of midlife. With unprecedented freedom, education, longevity, and wealth, they hold positions of unheard of responsibility and stature. No longer Maidens, nor Mothers, and not yet old Crones, the question arises: Where do these dynamic, accomplished middle-aged women fit into the traditional description of the three stages of womanhood? In *The Queen of My Self*, Donna Henes proposes a completely original paradigm that of the midlife Queen, a woman in her prime who has achieved wisdom, mastery, and self-esteem - that reflects more accurately the realities and needs of women today. Henes draws on history, mythology, and literature, her own life experience, as well as stories from women in many different societies, situations and stations to provide upbeat, practical, and ceremonial inspiration for all women who want to enjoy the fruits of an influential, passionate, and powerful maturity.

Book Information

Paperback: 224 pages

Publisher: Monarch Press; 1st edition (November 30, 2004)

Language: English

ISBN-10: 0975890603

ISBN-13: 978-0975890608

Product Dimensions: 0.8 x 6.8 x 8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #762,298 in Books (See Top 100 in Books) #159 in [Books > Religion & Spirituality > New Age & Spirituality > Self-Help](#) #210 in [Books > Self-Help > Mid-Life](#) #211 in [Books > Religion & Spirituality > New Age & Spirituality > Goddesses](#)

Customer Reviews

Donna Henes states that she has thirty years experience as an "urban shaman and contemporary ceremonialist." She says that she was a "proud member of the pioneering Sixties Generation." When she found herself lacking in role models to mentor her through middle age, Henes chose to use her own leadership abilities. She developed "The Queen" image for herself and her cohorts. In doing so, she created not only a royal attitude, but also a lifestyle guide. Henes has established an enriching experiential "how-to" for stepping into middle age with aplomb. Henes uses the classic

"Queen" as a continuous theme throughout the book. Each of the eight chapters has a heading befitting the regal premise, plus a sub-heading of real world methods toward fulfillment. For example, Chapter 5 is titled "The Queen and I" with a sub-title of "Embracing Her Majesty." The readers are encouraged to "design our own roles and ideals, compose the scripts, and author the sagas of our own futures." The author presents personal experience and case studies of women who have successfully reinvented themselves in middle age; readers can easily relate to these examples. Each chapter offers multiple suggestions to help readers identify their own wishes and wants. The author has a way-with-words in taking a topic to the top with lists, affirmations, alliteration, quotes, clues, metaphors, similes and analogies. If one style of story telling is not suitable for a specific reader, another style for the same subject is sure to meet the reader's needs. Henes even uses her own poetry to get the point of self-improvement across to the reader. The result is a book that is well-crafted, engaging, and entertaining. Henes also gives the readers practical applications within the context of The Queen.

The author's idea for women about aging will inspire you to find your own ideas--and your own way of taking control of your life and destiny. Welcome to my life--and the millions of mid-life, post-menopausal women living life strong and loud. This time of life is a mixture of new things, exciting and thrilling--and troubling and frightening things--all tied up in the radical changes called midlife. The Crone is the ancient one, the wise one, the all-knowing, all-giving one who dispenses her knowledge with patience and largesse. Without the role model, we have to invent one for ourselves. "The old woman I shall become will be quite different from the women I am now. Another I is becoming, and so far I have not had to complain of her." --George Sand, French writer (1804-1876). An FYI, George Sand was French romantic woman writer using a man's name. She was known for her numerous love affairs with such prominent figures. The author explains that many women are having Croning ceremonies to celebrate the end of their childbearing years. A recent Gallop Poll of women 50 to 65 revealed that: 51% felt the happiest now than ever before; 10% felt their happiest time was in their 20s; 17% in their 30s; and 15% in their 40s. Hmm, most of us are happiest since we lost what society seems to value most: sexual allure and childbearing capabilities. Many Baby Boomers didn't marry well into their 30s, much different than the generation before them. Then came love, marriage and motherhood, a change from being a maiden. At 50 or 60, today's woman is not retiring, is not old, but is looking forward to living the golden years to the hilt. Today she is powerful and just coming into her prime.

[Download to continue reading...](#)

The Queen of My Self: Stepping Into Sovereignty in Midlife Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) How to Survive Your Husband's Midlife Crisis: Strategies and Stories from the Midlife Wives Club Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Inner Peace: Stepping into Serenity to Find Peace of Mind (Inner Peace and Happiness, Peace of Mind Book 1) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Detach and Survive: A Book of Self-Care for the Wives of Midlife Crisis Men All Mye Queen's Men Chronicles of Love, Volume I (All Mye Queen's Men, Chronicles of Love) Calendar Mysteries #3: March Mischief (A Stepping Stone Book(TM)) A to Z Mysteries Super Edition #8: Secret Admirer (A Stepping Stone Book(TM)) Disney Princess Joke Book (Disney Princess) (A Stepping Stone Book(TM)) Stepbrothers Stepping Out: With His SEAL Team Stepbrothers Stepping Out: With His Team Stepping-Stones for Stepmoms: Everyday Strength for a Blended-Family Mom Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School)

[Dmca](#)