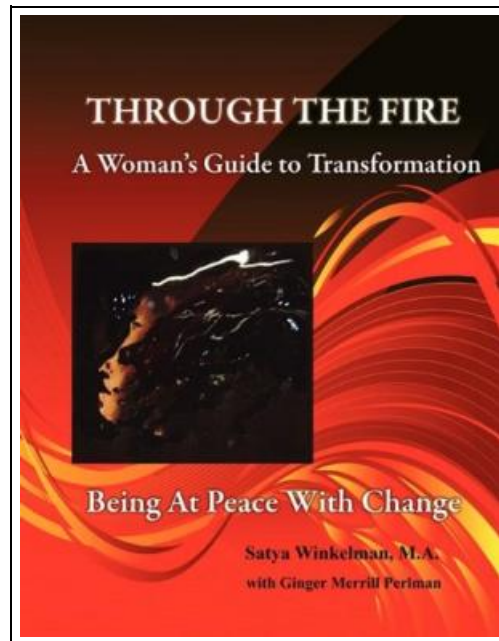


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Take-Action Press, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Through The Fire: A Woman s Guide To Transformation is a voyage of self-discovery for those truly willing to journey within. Psychotherapist Winkelman provides a creative and visually astute map that traverses and balances inner masculine and feminine energies. It is from this balance, she claims, that we will find peace within and harmony without. An extraordinary artist and often humorous guide, she uses her own life experience and art to create psychological signposts on this road to higher states of consciousness. Using images of her sensuous ceramics she shows us Ages, Stages and Phases of personal growth. The reader can see where she is, where she has been and where she s going while on this path to greater authenticity. Regardless of which of Winkelman s Five Life Stages the reader is in, this book will encourage her to delve more deeply into herself. The author states, It has been a passion of mine to help awaken women to their full potential and throughout my 30-year career, I have been encouraging them to do so. It seems more important now than ever before! We no longer can look outside ourselves for authorities to heal our ills. Each of us must look within to hear our own feminine voice of compassion and expression and learn how to nurture ourselves. Winkelman invites us to join with her in self-examination and expression to create and manifest our own inner truths and birth our Conscious Wise Woman Through The Fire of transformation. Winkelman has a Master s degree in Psychology and Expressive Arts, as well as training in Art Therapy and is Nationally Board Certified as a Psychodramatist, Sociometrist and Group Psychotherapist. Satya, a Communication and...



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