



Moving: 7 Stories of Women Moving from Fear and Despair to Hope and Courage (Paperback)

By Maida Berenblatt M S

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Each of the seven stories in Moving symbolizes the struggles a woman must overcome to achieve self-actualization and a sense of self. At times, relationships at home and in the workplace shape a woman's version of herself. Most women have been socially conditioned to be good and seek love from other people: parents, girlfriends, boyfriends, employers, spouses and even children. It is rare that women were expected to seek self love. In addition to relationships, our culture expects a woman to look a certain way: young, thin and pretty. It is difficult to keep that image from teenage years to senior status. It is also challenging for women to deal with hurt and angry feelings, rejection and low self-esteem, which are the seeds of use, abuse and addiction to alcohol and drugs. Many of the women that I have met in my journey are still working to complete an acceptable understanding of the person they have become, so that the image seen in the mirror is a positive one. How can you relate to the women in Moving?.

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