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Navigating Midlife: Women Becoming Themselves: .de ...

Navigating Midlife: Women Becoming Themselves | Robyn Vickers Willis | ISBN: 9780975704240 | Kostenloser Versand für alle Bücher mit Versand und Verkauf duch .

Navigating Midlife: Women Becoming Themselves by Robyn ...

I really liked this. As a midlife woman, I can identify with much of what the author writes, even though she's from Australia. Even though the book was written in 2002, any woman who is between 45 and 50 will probably identify with much of what the author, a psychologist, expresses, and will find it comforting or enlightening.

Navigating Midlife and Beyond gawler.org

Based on her books Navigating Midlife: women becoming themselves, Men Navigating Midlife and Navigating the Empty Nest: re creating relationships, psychologist Dr Robyn Vickers Willis guides you through a process of sharing, learning and transformation while you are nurtured on many levels.

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Navigating Midlife: Women Becoming Themselves Robyn ...

This powerful, insightful book offers women vital possibilities for meaningful and profound change in how they choose to live the second half of their lives.

Navigating Midlife: Women Becoming Themselves: Robyn ...

For women who aren't sure on how to explore their inner lives, the author gives lots of ideas: journaling, yoga,

meditation, classes, and more, such as drumming, however, knowing the tools isn't enough. I do suggest that you read this book and learn from the author's own experiences.

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