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Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-Being



Par Dr. Christiane Northrup
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Description :

Prsentation de l'diteur Though we talk about wanting to age gracefully, the truth is that when it comes to getting older, were 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 profoundly empowering book, 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. Presentation de l'auteur 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 profoundly empowering book, 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. Biographie de l'auteur "Christiane Northrup MD, former Assistant Clinical Professor of Obstetrics Gynaecology at Maine Medical Center, "New York Times bestselling author, is a visionary pioneer and the world's foremost authority on everything that can go right with the female body! She is the author of the definitive women's health title Women's Bodies, Women's Wisdom. www.drnorthrup.com.