



# The Tao Of Womanhood: Ten Lessons For Power And Peace

*Diane Dreher*

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*The Tao of Womanhood* is for every woman who is searching for both external power and internal peace. It's for the woman who wants to be tough but nice, who wants to take care of things and everyone else but needs to be reminded to look after herself, who feels pulled in too many directions and yearns to live a full, balanced life. It's for the woman who wants to be a strong, proactive leader at work and at home, *and* lead a life of harmony and inner peace.

A spiritual resource that combines the wisdom of the *Tao Te Ching* with straightforward advice and illuminating anecdotes, *The Tao of Womanhood* is a prescriptive, practical road map. Using Taoist principles, teacher and spiritualist Dreher explains how any woman can learn to incorporate calm into her busy modern life by learning how to

- Say "no" without feeling guilty
- Respond without being frantic or reactive
- Seize opportunities
- Summon the strength to change
- Clear the space necessary for continual growth transformation

Calm and reassuring, *The Tao of Womanhood* imparts the invigorating message to all women -- whether stay-at-home moms or corporate executives -- that leading a balanced and fulfilling life does not mean surrendering peace of mind.



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