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A Woman's Book of Life: The Biology, Psychology, and Spirituality of the Feminine Life Cycle

Joan Borysenko

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A Woman's Book of Life: The Biology, Psychology, and Spirituality of the Feminine Life Cycle Joan Borysenko
Biologist and psychologist Joan Borysenko helped chart new territory in mind/body medicine at Harvard Medical School--and created a new map of that territory in one of the first bestsellers in the field. Now the author of Minding the Body, Mending the Mind reveals the interconnected loop of mind, body, and spirit in women. This pioneering book will teach women how to maximize their health and well-being as well as discover the extraordinary power that comes with each stage of the feminine life cycle.

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