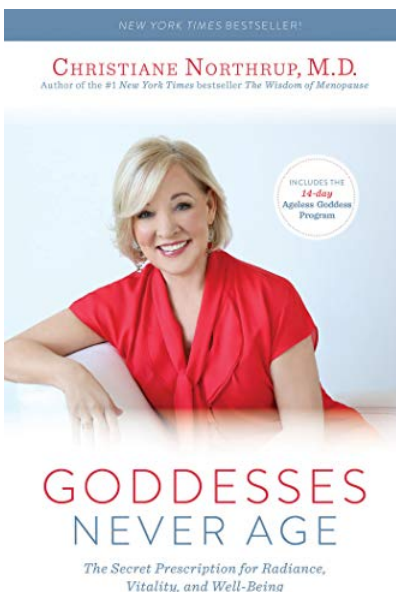


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CONTINUE ►

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, for both our bodies and 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 healthA fulfilling sex lifeThe capacity to love without losing ourselvesThe ability to move our bodies with ease and joyClarity and authenticity in all our relationships—especially the one we have with ourselvesAnd she brings it all together in a 14-day Ageless Goddess Program, offering tools and inspiration for creating a healthful and soulful new way of being at any stage of life.

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