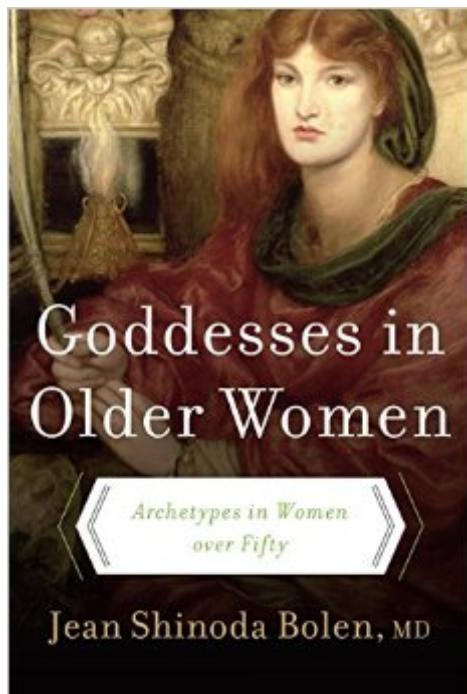


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# Goddesses In Older Women: Archetypes In Women Over Fifty



## **Synopsis**

From the bestselling author of Goddesses in Everywoman comes a celebration of life past fifty. At some point after fifty, every woman crosses a threshold into the third phase of her life. As she enters this uncharted territory she can choose to mourn what has gone before, or she can embrace the juicy-crone years. In this celebration of Act Three, Jean Shinoda Bolen, Jungian analyst and bestselling author of Goddesses in Everywoman, names the powerful new energies and goddess archetypes of compassion, outrage, healing laughter, and new layers of wisdom that come into the psyche at this momentous time. Bolen thus suggests that women have profound and exciting reasons for welcoming the other side of fifty.

## **Book Information**

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## **Customer Reviews**

Feeling a little under the weather as you arrive at that 50th or 60th milestone? Read Jean Bolen's **GODDESSES IN OLDER WOMEN** to give yourself a lift. Older women can "get a life" if they only pause to reflect on the inner self. Some think of aspects of the female self as archetypes or personality quirks, Bolen says they are "Goddesses within." Although we may fail to listen, and thus not hear them, inner voices occur throughout life. Different needs as well as life-long experience evokes different voices in the older woman. Her name may be wisdom, although she is more than wisdom, she is healing, compassion, and/or mirth. You may notice her voice which called to you when you were younger now has a new tone. We worship her, whether or not we think of her as a Goddess. She has been with you since girlhood as Mary or Kuan Yin or the Shekinah. First

appearing as a maiden, then when we became mothers appearing as a mother. Now, she comes to us as a crone, the third phase of the moon-waxing-or the last aspect of the triple goddess. Known since ancient times, although appropriated by patriarchal faiths, still known if you listen to the small still voice in your heart. As a 70s and 80s self-help junkie more disillusioned than ever by the US role in world events, I picked up this book-published in 2001-thinking, "Why am I doing this?" and "Been there, done that" "How could this apply to me" only to be pleasantly surprised by the delightful and helpful contents. After all these years, Jean Shinoda Bolen still has much to share. I am recommending this book to my daughter who is aged 43. There is more to life as an older woman than face lifts and sagging breasts.

I read Goddesses in Everywoman years ago during a year long stay in Greece and can say now that I didn't "get it" really. I am now mentoring a young woman and decided to reread the book to see if I should use it with her. I loved it and decided to read Goddesses in Older Women for myself as I near 50. I am struggling with many issues; Mom with Alzheimer's, death of a child 5 years ago, insomnia and physical hormonal changes...and I immediately liked her conceptualization of menopausal symptoms like insomnia, hot flashes, etc. She allowed me to see my alone hours in the middle of the night as something to use for my own creativity and private time. I kept reading and I find the use of archetypal images of the Goddesses invaluable. It is well explained and even women who've never heard of Jung can "get" this book and I think every woman turning 50 would learn something of how to make the most of the transition from the second phase of life into a colorful, loving, wisewoman crone.

In a culture that worships youthful beauty, this book reminds us all that our esoteric standards are stifled, immature and limited. The wonderful Bolen leads women (and real men) on a revealing and empowering exploration of the many rich, strong, wise, diverse and beautiful identities that both shape and define the gifts of "older" women. I have shared this book with my daughters, my friends and as a springboard to discussion in nursing homes with goddesses over 90 years rich. There are truths here that we must affirm (as they affirm us!) in order to claim our true places in this world!

As a now "older woman", I surely appreciate this book. I found it inspiring, enlightening and empowering! I am so encouraged that I plan to invite some others to form a wise woman circle in order to celebrate our collective wisdom and share our varied and courageous stories. I am thankful for this book highly recommend it to you!

thoughtful and provoking -- an academic description that gets a little detailed for the casual reader. Still, highly recommend to those who are studying Dr. Bolen's messages re. spiritual quests and journeys.

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I have read earlier works by Shinoda Bolen and found them both informative and easy to absorb. This book is the same, expanding on her earlier work (Goddesses in Everywoman). I recommend this to anyone interested in Goddess work, Jungian archetypes, history / mythology, basic psychology or anyone just looking for an interesting and new-ish approach to women.

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