



Crones Don't Whine: Concentrated Wisdom for Juicy Women

By Jean Shinoda Bolen

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In her latest book, *Crones Don't Whine*, Jean Shinoda Bolen's playful sense of humour and keen insight combine to offer women thirteen qualities to cultivate. Engage in these small practises and you're bound to be a happier person, who's doing her bit to make the world just a little better. Here are thirteen brief essays to turn to again and again, in bad times and good, alone and with others.

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Crones Don't Whine: Concentrated Wisdom for Juicy Women By Jean Shinoda Bolen Bibliography

- Sales Rank: #153985 in Books
- Brand: Conari Press
- Published on: 2003-09-01
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x 5.00" w x .50" l, .50 pounds
- Binding: Hardcover
- 116 pages

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Editorial Review

From Publishers Weekly

Bolen, a psychiatrist and professor at the University of California Medical School, believes that women need to stand up for their rights, wants and desires and can't afford to be complainers or whiners. Explains Bolen, the author of *The Millionth Circle* and *Goddesses in Older Women*, "To be involved and engaged in life is a juicy proposition. Every juicy crone taps into a wellspring or a deep aquifer of meaning in her psyche." They are, according to Bolen, smart, compassionate, courageous and humorous. In these brief essays, she offers commonsense wisdom, calling on women to empower themselves, but also to fight against any emotional demons or problems they have. For example, in discussing women who have been abused or otherwise have some secret from their past that they're ashamed of, she writes, "At some point in their lives, most remember fearing that this truth would become known. Crones, however, also recall when and with whom they broke this taboo of silence as the beginning of feeling whole. To speak the truth is to be able to say, this is who I am." Fans of Bolen's quirky, spiritual tone will find these words comforting. However, much of the text discusses why women need to be juicy crones without offering much practical advice to improve one's life. Copyright 2003 Reed Business Information, Inc.

Review

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About the Author

Jean Shinoda Bolen, M.D. is a psychiatrist, Jungian analyst in private practice, Clinical Professor of Psychiatry at the University of California Medical Center, and an internationally known lecturer. She is the author of many books including *Crones Don't Whine* and *The Millionth Circle*, which was published in 1999 and spawned a whole new way for women to become activists from their local circle.

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