



## Woman Awake: Women Practicing Buddhism (2nd Revised edition)

By Christina Feldman

Rodmell Press. Paperback. Book Condition: new. BRAND NEW, Woman Awake: Women Practicing Buddhism (2nd Revised edition), Christina Feldman, Because women have been conditioned to live according to traditional feminine values-- conformity, passivity, and surrender of the self, they often feel powerless to transform their lives and lose their sense of worth. In Woman Awake, Christina Feldman suggests that it is possible for women to break out of their negative patterns and accept themselves as they really are. With a growing awareness of the dignity of all life and its connection with them, women can overcome the social conditioning and myth-making that overwhelm and oppress them. For those women new to Buddhist meditation, Christina Feldman offers sensitive and valuable guidelines on breathing and relaxation, stressing, above all, that learning to understand, appreciate, and value themselves is the first step towards women's creative and joyful integration with the world.



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### Reviews

*A brand new electronic book with a new standpoint. It is written in basic phrases rather than confusing. It has been designed in an extremely basic way which is merely right after I finished reading through this publication where basically altered me, change the way I believe.*

-- **Kitty Crooks**

*A high quality book as well as the font applied was exciting to read through. This can be for all those who state there was not a well worth looking at. I discovered this ebook from my I and dad recommended this ebook to find out.*

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