



Towards a Soulful Sexuality (Paperback)

By Adele Gruber

Heart Space Publications, Australia, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Intelligent, thought-provoking and delightfully candid, Towards a Soulful Sexuality: : new perspectives of sex, age menopause for women 35 to 60 plus by Adele Gruber separates fact from fiction in regards to a woman s sexuality after menopause. With startling insights and meticulous documentation, this bold proposal proves to be a fascinating and celebratory examination of what it should mean to be an older woman in the twenty-first century. A truly revolutionary book that brilliantly distils history, anatomy, sexology, psychology, and even quantum physics into remarkable and powerful suggestions to prompt adult women to re-examine the nature of sex, love and spirituality. Comprised of a manifesto, a healing workbook, and a self-assessment. Author Adele Gruber shares a unique perspective of the menopausal experience and offers a radically different approach to ageing gracefully as a soulful, spiritual Woman. She invites you to explore your soul and your sexuality by recognizing their very essence as primordial and sacred. If you want to be sexual foreverÂ spiritually, conscious, and filled with joy until the very endÂ read this book.

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