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Creating Health: Honoring Women's Wisdom



Synopsis

Every woman's body knows naturally what is best for it. And every woman has the power to improve her health if she can connect with this intuitive wisdom. On Creating Health, pioneering physician and author of the national best seller *Women's Bodies, Women's Wisdom* Christiane Northrup, offers a program for gaining control over your nutrition, your body, and the inner resources that shape your total wellness. As the cofounder of America's first all-women health care center, Dr. Northrup has helped thousands of mothers, daughters, sisters, and children enjoy longer and healthier lives. She fuses surprising medical science, with her acclaimed expertise in mind/body healing. The result is a treasury of insights just for women about how to engage with your body, connect with your inner wisdom, and use this "sacred power" for self-nourishment and better health.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 40 minutes

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Customer Reviews

A dear friend gave me these tapes for my 50th birthday. I was delighted, but had no idea how wonderful a gift it was until I started listening to them. Chris Northrup imparts priceless truths and common sense wisdom in a clear and encouraging way. The tapes are well produced and Northrup's voice is pleasant to listen to as she shares what she has learned about women, health, medicine, our grossly undervalued inner voice, and so much more. As I listened to her words, I regularly found myself saying, Finally someone understands! I realize these tapes are pricey (but then again there are eight of them), but believe me, they are well worth every cent. I particularly encourage women to care for themselves by "gifting" a set of these tapes to themselves. You will be very glad you did . . . and if you follow Northrup's common sense and seasoned wisdom, you will

find yourself moving into the healthy, grounded woman you want and deserve to be.

but these tapes may be the best place to start with Chris Northrup. I found them a bit more spiritual than the 2 books of hers I've read, maybe it's just having the sound of her voice, but still full of the same balanced health information. I love her honesty and feminism.

The content of "Creating Health" is outstanding (and for that receives 5 STARS). It should be on every person's shelf... not just women's shelves! However, I received a damaged tape... the sound quality is garbled and hard to hear. It came in a sealed package, so I assume it is a manufactured defect. How do I exchange it?

I think women (men too, but this is geared to women) need to hear this message loud and clear: your health is closely tied to how you feel about yourself.

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