

1. Record Nr.	UNINA9910163887903321
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Titolo	Pussy : a reclamation // Regena Thomashauer
Pubbl/distr/stampa	Carlsbad, California : , : Hay House, Inc., , 2016 ©2016
ISBN	1-4019-5025-6
Descrizione fisica	1 online resource (179 pages)
Classificazione	SEL031000SEL021000HEA024000
Disciplina	155.3339
Soggetti	Self-actualization (Psychology) Motivation (Psychology) Women - Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	"Regena Thomashauer, creatrix of Mama Gena's School of Womanly Arts, has spent 20 years helping women unlearn the lessons our culture teaches--that a "successful" life means achieving, accomplishing, and taking care of others--and showing them how to connect deeply with their own source of feminine power. It hasn't escaped her notice that the word that most viscerally sums up that power is "arguably the most powerful pejorative word in the English language." In this book, she steps forward to return that word to its rightful place--as the highest of all possible compliments, as a sacred living prayer. Pussy is written to reacquaint women with their own power source--both figuratively, with insight into the divine feminine as a force in the world, and literally, with instructions for developing "cliteracy" and understanding what makes them tick sensually. Regena walks readers through "pussy rehab" to help them awaken a part of themselves they've been taught to ignore, repress, even despise, and she lays out the steps to living a turned-on life--which simply means authentic, radiant, and open to pleasure and joy. Readers learn turn-on strategies including dance breaks, brags, favorite frames, and gratitudes all help readers speak their truth and ignite their spirit, and exercises such as Swamping give them a way to process intense emotion by moving it through their

bodies. By turns earthy and erudite, passionately argued and laugh-out-loud funny, Pussy delivers the tools and practices a woman requires to do and be whatever she wants in this life. It's a call for her to tune in, turn on, and not drop out--but live more richly, fully, and lusciously than she ever thought she could"--

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