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Girl Talk: Daily Reflections for Women of All Ages: Daily Meditations for Women to Inspire and Fill Your Soul

Sharon Wegscheider-Cruse

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In her years as a therapist and women's workshop leader, author Sharon Wegscheider-Cruse has found twelve recurring issues that construct the fabric of a woman's life:

• body image and health • making the most of your time • rituals and traditions • managing money • humor and laughter • spirituality • relationships • sacred places • stages and passages • role models • choices • qualities

They are all explored in *Girl Talk*, a collection of affirmations that are simple in presentation yet complex in meaning--a thought-provoking, inspriational tool intended as a guide through life's milestones. Each affirmation is inspiring, thoughtful, and reflective. Filled with contemplations that discern and honor the sacred in everyday events, the affirmations will motivate women of all ages and in every stage of life to take a fresh approach to old challenges while honoring the familiar minutiae of everyday living.

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