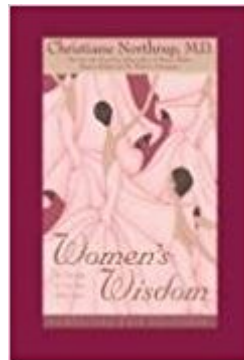




The book was found

Women's Wisdom Perpetual Flip Calendar: A Calendar To Use Year After Year



Synopsis

In this perpetual flip calendar that you can use year after year, trusted women's health expert Christiane Northrup, M.D., shares her warm and witty wisdom on creating vibrant health within your mind and body. Dr. Northrup offers inspirational quotes, empowering affirmations, enlightening exercises, and even bits of scientific research—all designed to help you make the most of each and every day. Her insightful guidance is a potent prescription for not only improving your health, but also for bringing great joy into your life on a daily basis.

Book Information

Calendar: 372 pages

Publisher: Hay House (August 15, 2008)

Language: English

ISBN-10: 140191988X

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Product Dimensions: 8.5 x 5.6 x 1.8 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 3.8 out of 5 stars 10 customer reviews

Best Sellers Rank: #409,382 in Books (See Top 100 in Books) #32 in Books > Calendars > Diet & Health #1109 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

"Northrup writes from experience and, more importantly, from her professional expertise as a physician who has treated many women and researched menopause." -Publishers Weekly

Christiane Northrup, M.D., a board-certified ob/gyn, is a visionary pioneer; beloved authority in women's health and wellness; and the author of the New York Times bestsellers *Women's Bodies*, *Women's Wisdom*, and *The Wisdom of Menopause*. Her third book *Mother-Daughter Wisdom*, was voted the number one book of the year in both Parenting and Mind/Body Health in 2005. Following a 25-year career in both academic medicine and private practice, Dr. Northrup now devotes her time to helping women create vibrant health through tapping into their inner wisdom.

Every woman should be born with this calendar in their hands. Women's sense of power, femininity, intellect, understanding of self, and self love has not been developed enough on our planet. I

purchased this calendar for all the women who are important in my life. I'm one of 's favorite customers... Dr. Northrup has done a wonderful thing by putting her teachings in short thoughts for the day to read year after year. Thank You Dr. Northrup!

I have it in my night stand and I read it every single day or night. It's inspirational, challenging, comforting, very thought provoquing. I'm not only happy but thankful for this calendar. I wish every woman could have one, it's like a daily pill of powerful and life changing thoughts.

It is a very good perpetual calendar printed on quality paper. I love the daily quotes and advice and find most of them applicable to my life.

I am a big fan of Dr. Christiane Northrup and I like to have a calendar handy each day. This perpetual flip calendar is a healthy, uplifting way of keeping up with the days that pass every 24 hours.

The calendar gives a worthwhile thought or information each day.It's a great and positive way to start each day...makes you think positively.

Great for little tidbits on women's health and wholesome living. I also have the phone app and share the days info.

This lovely calendar serves many purposes and is an appropriate and thoughtful choice for any woman on your gift list.

I have read some of Dr Northrop's books and enjoyed them very much. I thought the flip calendar would be more of her wisdom and inspiration but it is more wisdom and little inspiration. I don't think less of her, I simply didn't realize that the calendar would lean more toward the medical side.

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