



Tao & Defiant Woman

Accepting what we must, and rebelling against the rest...

The Tao and defiant woman follows five principles of acceptance
culled from the ancient philosophy of Taoism,

combines that with a healthy dose of defiance;
defying stereotypes, negativity and self-limiting behaviors,

to ease her way through the challenges and transitions
she faces every day of her modern life.

THE GATHERING

A Celebration of Tao and Defiant Women Everywhere

August 2007



Dear Tao and defiant women,

Life has become very exciting for me as I am busily engaged in gathering information for my next book - tentatively titled TAO AND DYNAMIC - for girls ages 11-14.

In preparation for my many upcoming workshops with girls around the country, I have revamped our website.

When you go to www.taogirl.com, you will now have the ability to choose from one of two sites: the first for you, Tao and defiant women, and the other for our Tao-girls.

I hope you will check out the girls' site and see just what I am up to. And if you have anyone you would like to share this with, please do so. The more, the merrier! It is my hope to have a

country full of girls, wearing Tao-girl paraphernalia and proudly calling themselves Tao-girls.

The photo above was taken at one of the very first Tao-girl workshops in Poughkeepsie, NY. If it looks like we were all having fun - we were.

One perk for me is that I have the opportunity to be a role model to them - while I am learning about their lives, I hope that they are learning about me and discovering that a gray-haired grandmother can still be, in their words, "cool".

How great does that make me feel!

This month's Gathering will also feature:

- The WISDOM OF THE MONTH
- Tao and defiant INSIGHTS
- A listing of my AUGUST TRAVELS – I would so love to meet you when I'm in your part of the world
- LET'S LINK
- A FEW FINAL WORDS

Spread the word – please remember to forward this issue of THE GATHERING to your friends!

WISDOM OF THE MONTH

We find by losing. We hold fast by letting go.
We become something new
by ceasing to be something old.

- W. Clement Stone entrepreneur and motivational writer



INSIGHTS

On Sunday, July 29, I posted the following Weekly Wisdom:

Refuse to let an old person move into your body!

Many of you were kind enough to email me with very positive comments about this one. I was pleased, for I liked it, as well.

The most exciting comment came from Jackie A. who gave me permission to share with you her thoughts:

Really! feeling REALLY arthritic today...my 51st birthday is Aug. 3rd...a friend just gave me a very bright sleeveless, flirty dress (hot pink with big red flowers, some purple) On Friday I'm wearing that and my red straw hat and driving a friend down to Mystic. Today I'm painting my toenails shiny red. I'm starting up my morning yoga to limber up and my son and niece (both teens) want me to take them hiking at the new state park. Think I'll call another friend who's a younger soul in an older body and ask her to join us.

Thanks again! Jackie

And then she followed this up the next day with this:

Curves just called...my husband entered me in a raffle at the Village Fair Days and I won a free month at Curves and "figure analysis"

Here, dear Tao and defiant women, is a great example of a gal who refused to let an old person move into her body.

How about you?

Many thanks to you, Jackie, for being a strong example of Tao and defiant. And happy, happy birthday!!

AUGUST TRAVELS

Tuesday, August 7

ESCAPE TO THE ARTS - we're having a workshop for the members and their families
Danbury, CT

Saturday, August 18

TBICO - we're having a workshop for the members and their daughters/granddaughters
Danbury, CT

LET'S LINK

If you know of, or have a website that you think Tao and defiant women would enjoy seeing, let me know and I'll be happy to set up a hyperlink from this newsletter to that site. Conversely, if you would like to do the same from your site to this newsletter, please contact me to do so.

It is in this manner that we can support each other as we all strive to support women everywhere!

Prill Boyle... Like the women she writes about in her book, *Defying Gravity*, Prill Boyle is a late bloomer. After graduating from college at 38, she became an English teacher. Then in January of 2000 she read an article in The New York Times about a 65-year old Kentucky woman named Wini Yunker who had waited 39 years to join the Peace Corps. Inspired by this woman's persistence and courage, Prill decided to write a book about late bloomers. Her book recounts the stories of 12 "ordinary" women who've done extraordinary things later in life. It is a delightful and inspiring book to read and all the more so as Prill connects these first-person accounts together with her own story. Prill is also very active on the speaking and workshop circuit.

CHECK OUT PRILL'S NEW BLOG!!!!!!!!!!!!

Visit Prill at: <http://defyinggravitynow.blogspot.com>

Barbara Scala... Founder of Bloom After Divorce, Barbara is also editor and creator of *Bloom Online Magazine* for "Women Who Want to Grow" at <http://www.bloomonline.com> and writes her ongoing column *Divorce Ain't So Bad After All*.

Trained as a mediator and collaborative divorce attorney, Barbara draws from her legal background in her life coaching practice to understand your divorced situation and to add insight into creating a life beyond divorce. She also uses her experience as a realtor to help with issues of relocation, downsizing, investing or moving on to a home to call your own. Barbara's personable style, energy, holistic approach and ability to empathize are what make her a dynamic coach.

Visit Barbara at: <http://www.bloomafterdivorce.com> and make sure to read Bloom Online Magazine <http://www.bloomonline.com>

Esteemed Woman Foundation... This amazing and important organization was founded in 2000 by filmmaker **Suzie Galler** who began conducting research about women and self-esteem which led to the making of the highly acclaimed documentary film *I Am Beautiful*. The film then became the cornerstone of an outreach program designed to help women explore and strengthen their self-image. It now includes ongoing workshops, resource materials and an outreach network that provides support nationwide. The foundation's primary focus has been to develop comprehensive programs for women of all ages and backgrounds. The programs teach that self-esteem is not a destination, but a life long journey--one that requires recognition of the sources of self-esteem, and a willingness to address those areas that impede a positive self-

image.

Visit the Suzie and the Esteemed Woman Foundation at: <http://esteemedwoman.com>

Connecticut Muse... This seasonally published newsletter is the brain child of **Patricia D'Ascoli**, columnist, essayist and author of *Home Is Where the Humor Is*. The Connecticut Muse is a celebration of contemporary Connecticut authors featured in a quarterly newsletter. Each issue focuses on a different literary genre and includes book reviews, author interviews, a listing of upcoming author appearances and information on new releases. You Taogirls who do not reside in Connecticut will also enjoy reading the Muse to discover what new books are out there for us all to enjoy.

Visit Patricia and The Connecticut Muse at: <http://connecticutmuse.com/aboutus.html>

Donna Ferber... is the author of the wonderfully supportive and encouraging book, *From Ex-wife to Exceptional Life: A Woman's Journey through Divorce*. Donna is a licensed professional counselor and licensed alcohol and drug counselor. She is also a psychotherapist and experienced speaker who has drawn on her twenty years of experience counseling women through this difficult process to create a comprehensive guide comprised of 365 one page essays that offer inspiration, insight and information.

Visit Donna at: <http://www.donnaferber.com/index.htm>

Alignment With Life... **Andrea D. Klein**, the guiding light behind this California based coaching service, is a professional life coach who is continuously moving onward and upward by saying "yes" to life and by having fun with the evolving process. "Since I am in the 2nd half of life," says Andrea, "I have a yearning desire to help women embrace the 2nd half of life by exploring new possibilities and passions."

If you're ready to: embrace the 2nd half of life; explore the opportunity of truly having fun; tap into your creative juices; move into possibilities, potential and passions then you will want to "meet" Andrea via her website. And you don't have to live in California – she'll work with you via phone and/or email.

Visit Andrea and Alignment With Life at: <http://www.alignmentwithlife.com/contact.htm>

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A FEW FINAL WORDS

My thanks go to Jackie A. for contacting me with her personal comments about last week's Wisdom. When I post these, of course, I hope that they hit a positive chord with you Tao and

defiant women. Thus when I receive emails like Jackie's I know I was on the right track with a particular quote - and I feel so very fine!

I also owe a great debt of gratitude to Donna Goldberg - my web designer (and daughter) extraordinaire. She came to visit me on Wednesday, August 2nd and stayed - much to my delight - until Sunday the 5th.

During that visit she sat herself down at my computer and revamped this entire website. I know I had tried to do so these past few weeks, but nothing compares to the work she has done.

Donna, nothing I ever ask is too much for you. Many many thanks and, of course, much love!

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