



## WOMEN, TAO AND DEFIANCE

Most people would not link the concept of the tao—the ancient Chinese philosophy that can be translated as “the path” and can be understood as “going with the flow”—with the attitude of being defiant, rebellious and bold.

But most people aren't C.J. Golden, a Connecticut author who has written a book called “The Tao of the Defiant Woman: A Guide to Life Over 40” (Eronel Publishing, \$19.95). Subtitled “Accepting What We Must—And Rebelling Against the Rest,” the book says women can achieve happiness by blending the acceptance espoused by the tao philosophy with a healthy dollop

of defiance that enables them to deal with challenges.

Defiant women, says Golden, recognize that their bodies change and are thankful they work as well as they do; accept that relationships evolve; draw strength from their friends; seek role models and serve as models themselves; and appreciate that there is always something new to learn from life.

Golden will sign copies of her book today at 7 p.m. at the Book Vault, 9 North Main St., Wallingford.

For information on the event, call the bookstore at 203-269-7323. For information on the book, visit the website [www.taogirl.com](http://www.taogirl.com).

— CAROLE GOLDBERG



THE TAO OF THE DEFIANT WOMAN  
*A Guide to Life over 40*

Accepting What We Must—And Rebelling Against the Rest

C. J. Golden