

Women On The Move

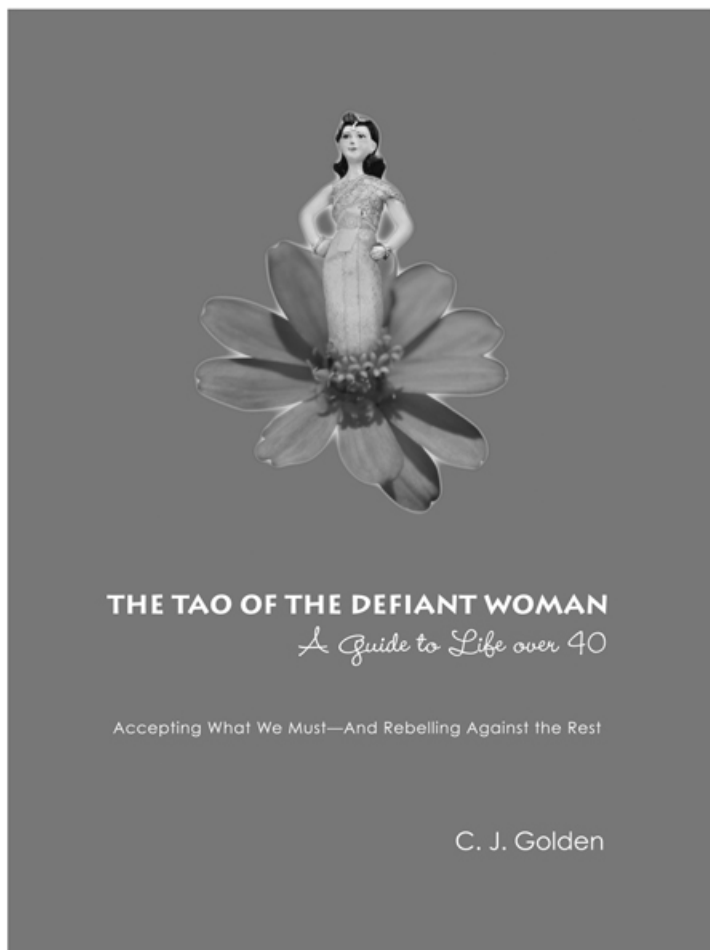
The Tao Of The Defiant Woman

(NAPS)—Accept what you can't alter, rebel against the rest. That is the message in a remarkable new book that explains how women can attain true happiness on this path by embracing a philosophy of Taoist acceptance coupled with a dash of healthy defiance. "The Tao of the Defiant Woman" came from interviews, seminars and workshops with hundreds of women.

In those interviews, the author, CJ Golden, recognized that those women who were happiest with their lives understood that their Tao philosophy brings them peace; while their defiant attitude endows them with the necessary skills to deal with life's challenges. Tao translates to "the path," as in the path or journey all of nature must follow. Then the author adds defiance: First one accepts, then one does what one can with each situation, rather than just giving in.

This guide for life over 40 recognizes five principles of "The Tao of the Defiant Woman." They are:

- A defiant woman recognizes that her body is changing and she is thankful that it continues working as well as it does.
- The defiant woman understands that her relationships are ever evolving and she accepts that, for she knows that she is a work in progress.
- The defiant woman treasures her friends and draws strength from the community of women.
- The defiant woman seeks positive role models to help guide her and strives to be a like example for her daughters.
- The defiant woman knows



“Go with the flow but add a dash of healthy defiance,” is the message of a new book that is a guide for life over 40.

the world around her continues to develop, because there is always something new and exciting to learn.

Critics report that this exciting new book shows that women are most at ease with themselves when they have a passion for life and are able to glide from one phase of their life to another.

The book was written to help women everywhere look forward to the future while remembering the lessons of the past. "The Tao of the Defiant Woman" is a book that will help readers face the challenges of life's journey with joy, grace and humor.

The book is available at bookstores across the nation and by visiting www.taogirl.com.