



Bibliotherapy (Paperback)

By Beverly West

Bantam Doubleday Dell Publishing Group Inc, United States, 2001. Paperback. Condition: New. Language: English . Brand New Book. Because women read books differently than guys do. Every woman knows . books are more than a way to kill time on the bus -- they re therapy that fits in our bag. Whether we re wallowing in a sullen perennial adolescence or our biological clock is ringing and we can t find the snooze button, books are the dog-eared friends that help us deal with our baggage as we navigate life s journey. Now Bibliotherapy prescribes the best of classic and contemporary Chick Lit that women turn to again and again -- for inspiration (A Tree Grows in Brooklyn) . for escape (Ladder of Years) . for revenge against the patriarchy (Our Blood) . and for bonding with our girlfriends (Waiting to Exhale). Upper-thigh spread sparking a midlife crisis? Read A Lady s Life in the Rocky Mountains and remember that it s not over until the fat lady yodels. Did your pot of gold turn out to be fourteen-karat tin? Open your eyes with Awakening to the Sacred and learn to savor your rainbow. Wondering what all the fuss is...



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