

Turn Your Mid-life Crisis Into Your Crowning Achievement!

“Finally, an archetype of midlife power and maturity that I can relate to. Thank you Donna for providing this much-needed missing piece of women’s wisdom.”

— Christiane Northrup, M.D.

From one of the leading spiritual practitioners writing and working today, here’s a landmark book that celebrates a new mythic model for the middle years of a woman’s life — the masterful Queen who has assumed the fullness of her physical, mental, emotional, and spiritual powers. As relevant to today’s woman as *Women Who Run with the Wolves* was in the 1990s and *Goddesses in Everywoman* in the early 1980s, **THE QUEEN OF MY SELF** by Donna Henes (Monarch Press, 2005, \$16.95) is an inspirational resource for the more than 60 million women now entering their middle years.

With an unprecedented freedom and longevity, women at midlife today hold positions of unheard of responsibility and stature, yet where do these dynamic, accomplished women fit into the traditional description of the stages of womanhood? In **THE QUEEN OF MY SELF** Donna Henes proposes a completely original paradigm — that of the midlife Queen, a woman in her prime who has achieved wisdom, mastery, and self-esteem — that reflects more accurately the realities and needs of women today. Henes draws on history, mythology, and literature, her own experience, as well as that of women in many different times and places to offer the Queen as an accessible new symbol of the confidence, courage, and authority possible for all women at midlife, with ceremonies, affirmations, and practical advice for inspiration and empowerment.

Prizewinner in the 2005 Writer’s Digest Book Awards/ Inspiration Category

About the Author: Donna Henes is an urban shaman and contemporary ceremonialist and the author of three previous books, including *The Moon Watcher’s Companion* (Marlowe, 2004) and *Celestially Auspicious Occasions* (Perigee, 1996), as well as the acclaimed quarterly journal, *Always in Season*. Donna writes a weekly column for UPI Religion and Spirituality Forum. She maintains a regular schedule of workshops and lectures, including at The Omega Institute (where she has served for four years as Visionary-in-Residence), The New York Open Center, Kripalu, The Learning Annex, and dozens of retreat centers and spas nationwide. Her work has been featured in *The New York Times*, *The New Yorker*, *USA Today*, the *New York Post*, the *Village Voice*, as well as national TV. She is the director of Mama Donna’s Tea Garden & Healing Haven, a ceremonial center, ritual consultancy practice, and spirit shop in Brooklyn, New York.

THE QUEEN OF MY SELF

by **Donna Henes (ISBN: 0-9758906-0-3)**

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