

Pat Samples Blurbs for
The Secret Wisdom of a Woman's Body
A November 2007 Release

This is a wise, passionate guide for women facing the challenges of aging. It offers practical methods and inspiring stories to help you deepen your appreciation of yourself and find your innate resources for healing and growth within your body.

Judith Blackstone, author of *Living Intimately* and *The Enlightenment Process*

A *must read* for any woman who is ready to reclaim the beauty and wisdom that comes from cherishing our body just the way it is. This is a welcome antidote to an ageist culture that glorifies youth and skinny bodies. At last we can step back into our power and find the peace and healing that comes from remembering that true healing happens from the inside out.

**Dr. Karen Wolfe, Australian physician and author of
Create the Body Your Soul Desires and *Conscious Body Method Coach Training*.**

It was a profound experience and world of new learning for me when I read *The Secret Wisdom of a Woman's Body*. I've been living in my body for 75 years and I've just discovered that in many ways my body has been a stranger to me. In the words of the author, Pat Samples, I've begun to "understand my body from the inside out." There are gifts of insight and awareness in this book for women of all ages.

Connie Goldman, author of *Late Life Love -- Romance and New Relationships in Later Years* and *The Ageless Spirit*.

Building on the wisdom of her *Body Odyssey*, Pat Samples offers women in the "second half of life" a powerful opportunity to explore their complex relationships to their bodies and their deepest "selves" that may lie buried beneath childhood admonitions and social pressures. This welcome book integrates multiple theories of human development and psychological health with practical applications that will enliven women and spark their creativity. One can easily imagine circles of women discussing this book together, developing closeness and trust as they share the intimacies of their lives in response to the suggested exercises. Even women not yet in their "second half" will find this book useful as it prepares them for a more healthy and creative aging, perhaps avoiding the suffering of their elders.

Evelyn Torton Beck, Ph.D., Professor Emerita, Women's Studies, University of Maryland

What a beautiful invitation for women to learn to live in conscious somatic awareness of their bodies. I will recommend it to clients and students. The depth of your sharing about your personal process and your vulnerability and your quest to learn more about yourself is what ties it all together.

Sheila Rubin, marriage and family therapist and registered drama therapist in San Francisco

The reading of *Secret Wisdom of a Woman's Body* is like a gentle invitation to a stroll full of promise of transformation and self-improvement. It is a respectful journey where one is assured of maintaining one's dignity even as one discovers the delights of letting go of hurts, habits, and memories that simply no longer help. Pat Samples' book, and indeed the wisdom of the body, are ageless and timeless.

Michele Denize Strachan, MD, University of Minnesota

This is a must read for women of all ages who dare to face the cultural myths about women's bodies. Too many writers through the years have written *about* the body-mind connection, without practical guidance. What Samples offers is an honest challenge to us all...to *integrate our body, mind and spirit*, shaping our "bodyselves" through practical, doable exercises. *The Secret Wisdom* offers freedom to truly accept, with gratitude, the gift of our bodies.

Marilyn J. Mason, Ph.D., psychologist and former faculty, University of Minnesota Medical School Program in Human Sexuality, and the author of *Making Our Lives Our Own* and *Seven Mountains: The Inner Climb to Commitment*

Pat Samples has given us a treasure - a wisdom book filled with healing tools. This is a gentle guide that helps us view our bodies with understanding and appreciation. It gave me the attitude adjustment I needed! My deepest thanks.

**Audrey Peterson, Minister
Unity of the Valley Spiritual Center, Savage, MN**

Pat Samples' new book offers a powerful and engaging look at how our bodies remember and express our life experiences and how the imprint of that body history impacts our current sense of well-being. Never formulaic in her approach, the author gently invites the reader to appreciate and heal her own body and increase her enjoyment of life. Ideas for creative expression (as useful to groups as to individuals) help the reader experience her body in new loving and fun-filled ways. This book is a wise guide that every woman in the second half of life should read.

Lisa Munsat Anthony, advanced practice psychiatric nurse and psychotherapist

With wisdom and grace, Pat Samples offers us accessible, intriguing exercises which open us to the possibility of truly appreciating and actually celebrating our aging bodies. If you want to be inspired, read this!

Karen Roeper, Founder/Director, Essential Motion

I have many opportunities to work with and learn from gifted women. As a somatic teacher and healer, I find Pat Samples' book to be a wonderful, practical, easy-to-read, and user-friendly tool for women looking to embrace their body. There is nothing more important for women than to fall in love with their bodies and accept themselves on this amazing journey of being a woman in a woman's body. Pat makes it an easy and exciting choice for us all to discover ourselves graciously and in healing ways!

Debbie Rosas

Co-Founder of The Nia Technique, Inc.

Pat Samples' *The Secret Wisdom of a Woman's Body* is a fascinating book and journey in getting to know your body—its secrets, treasures, and potential—across the life cycle. I doubt a woman would ever look at her image and deeper self the same in facing a mirror after reading this very engaging book.

Gene D. Cohen, M.D., Ph.D., Director, Center on Aging, Health & Humanities, George Washington University, and author of *The Creative Age* and *The Mature Mind*.

As a practicing psychotherapist for the past 25 years, I rarely recommend self - help books to any of my clients. My experience has been that such books usually identify a lofty goal and then don't really give enough help to allow the reader to attain the goal. Ironically this usually means the reader feels more like a failure than before they read the book.

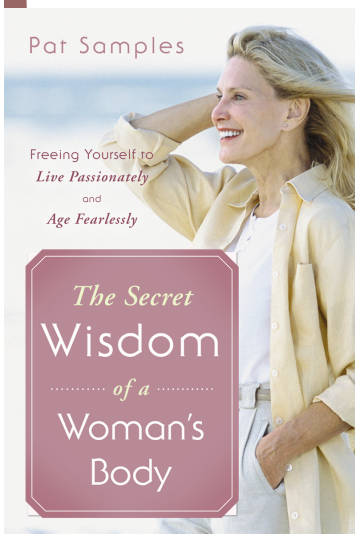
Pat Samples book is more like a hands-on workbook. I have no doubt that if someone were to follow the exercises in Samples' book they would go a long way towards the goal of overcoming what Damasio called "Descartes error." This is the error that tells us that the mind and the body are two different entities with all value and privilege given to "the mind." Much ill-health and human misery results from this error. Samples is an energetic voice towards the restoration of the mind/body unity.

One thing I especially liked was her consistent emphasis that this restoration of mind/body unity is not strictly a solitary endeavor. Such efforts work much better within the context of a community of dedicated fellow travelers.

I feel confident in recommending this book to anyone who wishes to further her journey towards living life in the unity of mind and body that we actually are.

Jim Amundsen, PhD

**Private practice, Minneapolis, MN
President, North Central Psychomotor Society**



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