

(Read free) Transformation Through Menopause

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Marian Van Eyk McCain

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MARIAN VAN EYK MCCAIN



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Marian Van Eyk McCain : Transformation Through Menopause before purchasing it in order to gage whether or not it would be worth my time, and all praised Transformation Through Menopause:

0 of 0 people found the following review helpful. The Menopausal experience from the insideBy Katherine DunningI am going through menopause and this book is like none other. It was a different view of the change that all women will go through in their life time.0 of 0 people found the following review helpful. Five StarsBy Tammy

jenningsAmazing..wonderful, necessary book!!

[This] is by far the most wise and thought provoking book on menopause that I have ever read. It is must reading for every woman who dares to meet the challenges of menopause fully and consciously. Christiane Northrup, M.D. This volume presents a holistic, theoretical framework for understanding menopause as a major developmental event in women's lives. Rather than an unpleasant phase to be endured or alleviated, Marian Van Eyk McCain views menopause as an empowering experience that women can use for personal growth. Artfully interweaving her research, years of clinical experience, and her personal perceptions of menopause to create an inspiring new vision of the change of life. She goes well beyond a discussion of hormones and hot flashes to uncover the deep emotional and spiritual significance of this time in women's lives. This book is not only about change on a personal or physical level but in society as well. McCain lays out historical and cross-cultural beliefs about menstruation and menopause and the attitudes surrounding them (from taboos to reverence) and points out that in our modern society women most often either try to ignore or make it through this essential period of womanhood in order to compete in a man's world on male terms. In tune with recent feminist thought, the author says there is a new womanpower emerging, which means that it is time for women to honor their natural cycles. There is no other book that combines the insights, inspiration, and wealth of information contained in this work. It is an important book for the alternative-minded baby-boom generation who are seeking new ways to approach middle age.

"Transformation Through Menopause offers women a holistic framework for understanding this physiological process as a rite of passage and using it to create positive change in their lives. McCain, a social worker, encourages women to explore their feelings about menopause using music, art, movement, writing, and meditation. Unlike *Women of the 14th Moon: Writing on Menopause*, edited by Dena Taylor and Amber Sumrall which is an anthology of poetry and prose, this book provides guided exercises to help with the exploration of personal feelings and the creation of rituals for this transition."-Library Journal

"Thank you Bergin and Garvey for again publishing an heirloom quality book honoring the pathways of women. Add this book to your womancare library."-Surveillant

"This book will provide rewarding reading for menopausal women who find that accounts of physical changes are inadequate when measured against what menopause signifies for them personally."-Feminist Collections

"In this refreshing book, McCain presents cultural, historical, and psychosocial aspects of menstruation and menopause, seeing it as a rite of passage. Her views reflect research and clinical and personal experience. She sees menopause as an opportunity for growth and richness, with its own significance in women's lives. Beautifully written, this is the only book that talks about menopause without reference to hormone therapy. Very insightful with a holistic approach, this is a must companion for every woman in menopause."-Library Journal, focus on menopause, January 2001

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"I loved this book, and will use it in my work with midlife women."- Sadjia Greenwood, M.D. Author of *Menopause, Naturally* Assistant Clinical Professor, Department of Obstetrics, Gynecology and Reproductive Sciences University of California

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From the Publisher

The first holistic perspective on menopause, this book explores how the "change of life" can empower women. Drawing from years of research and clinical work, McCain sees more in menopause than the sum of its psychological and emotional parts: the change is a rite of passage, a prime opportunity for emotional and spiritual growth. McCain explains how Western metaphors for growth are linear, and, by using Eastern concepts of circularity and reflecting upon the real experience of women, she paints a truly alternative picture.

From the Author

Some tribal people believe that menstrual blood, when no longer being used to make babies, turns into wisdom. My original title for this book was "Blood into Wisdom," for that is what it's about - the alchemical transformation that happens inside us at menopause. The publishers changed the title but I have always wished they hadn't. When I first wrote this book, I

felt as though I was swimming against the tide by encouraging women to explore menopause and live it fully, as I had done, rather than medicating it away with HRT. I had discovered - both in my own life and through my clinical research with other women - what a fascinating and growthful time it can be, when we embrace it instead of hiding from it, and I wanted to shout this from the rooftops. But not many people were listening. I felt like a lone voice back then. Now, with more and more damning evidence piling up against HRT, women are realizing the truth, and casting around for alternatives. Many who did start on HRT have asked me "Should I stop taking the pills?" I say yes. But do it very, very slowly, so as not to shock your body with too sudden a change. Then go forward into the next adventure. After all, "life is either a daring adventure - or nothing." I've written a sequel to this book too, called "Elderwoman," also available on .