



## Now It's Our Turn: How Women Can Transform Their Lives and Save the Planet

**Alana Lyons**

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Lyons admits, in *Now It's Our Turn*, to feeling paralyzed by the gulf between perceived personal and global problems at the millennium's close, yet she has authored here an energizing call to action. Speaking directly to women, she states, "... it is our time, as women and as carriers of the female energy, to take our responsibility for balancing masculine energies and saving our home, planet Earth, for future generations. It is our generation, now, that will make the final decisions on the fate of life on Earth. We do not have another twenty or thirty years to waste..."

In writing that is clear, intelligent and carefully documented, Lyons expands the feminist adage, "the personal is political" to "the personal is global." What makes her book so potent as a catalyst for meaningful change lies in the combination of cogent analyses, suggested solutions and concrete exercises for achieving those solutions. The text is organized into four parts: Our Personal Lives, Our Role in Our Families, the Reality of Our Lives in the Workplace, and Our Place in the Larger World. Within each part are chapters that analyze and provide historical context for women's roles, diagnose problems and provide exercises and action plans; ranging from guided meditation to connecting with appropriate organizations and networks in order to solve those problems.

A psychotherapist with a private practice in Los Angeles, Lyons holds a master's degree in clinical psychology from Antioch University with additional studies in family and couples therapy, Eastern religions, American Indian spirituality, psychology and paranormal psychology. She draws on all these sources in her discussion of why and how women can redirect social and ecological change in a healthier direction. While some may balk at the touting of feminine energy as a cure-all, they need to read more carefully and understand she is advocating above all balance, equity and respect for all sentient beings.

Amidst a plethora of "self-help" books that focus on every angle of dysfunction in personal relationships, to those that predict with apocalyptic certitude imminent social and environmental collapse, *Now It's Our Turn* offers a bridge between those extremes, carrying the reader from understanding to action. This book will attract a wide and, hopefully, energized readership.

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