ForeWord Reviews

WOMEN'S STUDIES

The Fierce Beauty Club
Elizabeth Herron
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Women over the past thirty years have had a determination not to be like their mothers or any other woman of the past. Instead the focus has been on a successful career, financial independence and a family. Many women have struggled with maintaining or achieving success in these areas. Herron asserts that with these social changes and pursuits, the disadvantage is the "growing confusion on what it means to be a woman." The purpose of her book is to provide women with the means necessary to access their individual source of power, thus creating a healthier well-being in all areas of life.

Herron has created a program to reacquaint a woman with her energy source at the core of the feminine soul. Through a group format, Herron presents these steps. The experiences of the members of this Fierce Beauty Club are presented as evidence that this reconnection is attainable, even if it is hard work. The author's ongoing commentary and inclusion of other source material further validates the nature of this book.

Activities, designed for the group format or for an individual, are focused for success. Journaling, discussion and hands on research are the mediums used. Reconnecting with what the author calls the Motherline is the connection between one's mother or with what may have been learned about being a woman while growing up. This enables a person to see the association with womanhood. From here the direction is to learn more about individual areas of power: martyr, sulker, castigator. All of these are power types that may hinder women's relationships. Celebrating sensuality and sexuality is needed in order to have control of these aspects of life. Other activities are focused on pinpointing creativity, and being sure to nourish oneself individually before doing so in a relationship.

The Fierce Beauty Club does take on the feel of the self-help step program as it is outlined in nine steps. Readers, however, need not be deterred by this layout. The activities focus on attainable goals.

The group format speaks to the universal quality of women of all ages. Women need a connection to other women. Herron has created a way for women to have a balance between the

external and the internal forces of their lives through this connection to their feminine soul; without giving up what it means to be a woman.

Norvilla Bennett