



The Alchemy of Womanhood

By Dolores Rice

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Written in a lyrical and poetic voice, *The Alchemy of Womanhood* is a unique health book for young women. Unlike other straight-informational books, *The Alchemy of Womanhood* focuses on comforting young girls entering puberty, and indeed women well beyond, while also informing them about body development, relationship, and lifestyle in a profoundly essential way. If shared between mother and daughter, both will find the book helpful and soothing when cuspings this momentous phase. If read alone, the reader will feel as though she is discovering a precious secret due to her readiness.

Descriptive and comforting in its tone, *The Alchemy of Womanhood* gently weaves its way through what it is to become and be a woman in the world today. It attempts to uncover the mysterious elements of womanhood at the source of feminine knowledge and wisdom. It reveals the strength to be gained from embracing the essence of womanliness and the beauty that arises from learning how to celebrate female physiology for what it is: a powerful expression of the very essence of Life.

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The Alchemy of Womanhood By Dolores Rice Bibliography

- Rank: #1623964 in Books
- Brand: Dolores Rice
- Published on: 2016-06-08
- Original language: English
- Dimensions: 8.00" h x .56" w x 5.00" l, .75 pounds
- Binding: Hardcover

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Editorial Review

Review

"Dolores Rice's "The Alchemy of Womanhood" is a gift to her daughter, as the dedication page reads, and to daughters everywhere, and we are all beneficiaries. Lyrical and wise, gorgeously written and smart, it praises womanhood and makes us pause to consider the everyday of our bodies. It is both a beautiful fairytale and a scientific study. I am in my late forties, and I learned quite a bit. Just in time for Menopause!

Marinkanyc.com (MommyBlogger, Lawyer and Mother of 2) Lovely, moving, spiritual, deep, beautiful... a way of talking about becoming a woman that doesn't exist and needs to exist and craves to exist. It feels healing for all the hurt that a grown woman like me has experienced... a beautiful poem to your and everyone's daughters, women, friends.... Robyn Watts (Lawyer, Rights Advocate and Mother of 3) Masterful! I was absolutely enchanted and didn't want it to end. Your words are like a poem, and kept resounding in my head... so profoundly moving. Thank you for writing this book, I felt like I received a gift in reading it. You really created something momentous. Karen Duffy (Writer, Actress, Television Personality, and Mother of 1) The Alchemy of Womanhood provides a great deal of information and advice on a wide-range of subjects in a writing format that does not intimidate or frighten the young readers-unlike the health textbooks I received! And, the most unique part of the book is that it is shared between mother and daughter; therefore, young readers have someone who can help guide them on their journey into womanhood. As a woman already, I find this new twist on children's health book to be beneficial to all the young readers who are just taking their first steps into womanhood. Alyssa Gustafson (Editor and Writer, 26 years old) It is such a pleasure to hear a voice expressing the existence and power of the feminine in a woman's soul, irrespective of age. And to gift to one's daughter this beautifully written book passing on knowledge of how to gracefully peel away the cocoons protecting our age old intrinsic wisdom, is gold in itself. Tanya Minhas (Fashion Designer, Artist and mother of 1) "I liked it because in the woman's section it broke up all the parts of your body that are changing and helped me understand " Violet (9 years old)

About the Author

Dublin native Dolores Rice has written two screenplays for Irish director Jim Sheridan's production company, Hell's Kitchen - "Faithful," based on the life of Marianne Faithful, and "Empty Sky," commissioned by The Irish Film Board. She was writer in residence at The Tribeca Performing Arts Center for two consecutive years, where she wrote and directed her first play "The Apology" and wrote and performed her one-woman show, "Mr Benn - A Femoir." Off- Broadway she directed two new works by Neil Labute, "Romance" and "The New Testament" to huge critical acclaim. She has written and directed two short films, "Keep Talking," "Detention" and directed one other, "Heaven in a Wildflower" and met great success on the festival circuit. Before embarking on her own film projects she worked in developing scripts for Lambart Productions in Paris (The Hairdresser's Husband and Yvonne's perfume), as well as writing social commentary for publications such as iVenus and The Sunday Independent. She is currently completing her new novel, "The Beauty of Belonging," and in development on a host of other stage and screen projects. Dolores taught Film, and French at University College Dublin, Ireland, and English and Theater at The Sorbonne, Paris, France. Alma maters both, she received a 1st Class honours Bachelor of Arts in French Literature and Philosophy from UCD and then went on to Goldsmiths College, University of London where she obtained a Masters in Theater and Philosophy. Trained as an actress and performer in Dublin, London and Paris she has performed internationally on stage and screen. She now lives in NYC with her husband and children.

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