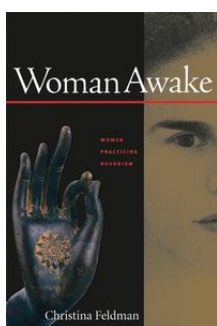


WOMAN AWAKE: WOMEN PRACTICING BUDDHISM

Because women have been conditioned to live according to traditional feminine values —conformity, passivity, and surrender of the self, they often feel powerless to transform their lives and lose their sense of worth. In *Woman Awake*, Christina Feldman suggests that it is possible for women to break out of their negative patterns and accept themselves as they really are. With a growing awareness of the dignity of all life and its connection with them, women can overcome the social conditioning and myth-making...



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Author	Christina Feldman
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Reader's Opinions

Its interesting. Women have come so far when it comes to equality but it would seem that the more things change the more they stay the same. Even those of us who consider ourselves empowered, educated, and in charge of our own spiritual selves, still find obstacles not only culturally but also in our own hidden beliefs. Its as if the...