



Primal Woman: A Spiritual Journey to Being in Gratitude, Aging Gracefully, and Loving Life

Carrie Sisson

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Primal Woman represents the long-awaited female conversation on all matters of primal living. Carrie Sisson, wife of best-selling author Mark Sisson (*The Primal Blueprint*), brings her unique spiritual perspective to this work, emphasizing themes such as being in gratitude, aging gracefully, and loving life. Carrie tackles some intense topics head-on, including dealing with menopause and other hormonal changes; the varied and evolving roles females play (or are obligated to play) in society, the harmful cultural programming that distorts our perspective on healthy body image; and the harried, multitasking wonder-woman ideals women are expected to live up to. Carrie's empowering themes in the book emanate from her devoted study of spiritual psychology and role as a facilitator to students around the world. She inspires you to be true to your own voice and intuitive sense, reject the harmful cultural forces that compromise female health, beauty, and happiness, and simply take time daily to enjoy your own company, chase your passions, and continually refocus your priorities. With Carrie's warm, light-hearted approach, *Primal Woman* is an entertaining and enlightening journey for women of all ages who want to live the happy, healthy life they deserve.

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