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# Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-Being

By Dr. Christiane Northrup



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## Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-Being By Dr. Christiane Northrup

Though we talk about wanting to “age gracefully,” the truth is that when it comes to getting older, we’re programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this profoundly empowering book, we have it in us to make growing older an entirely different experience, both for our bodies and for our souls.

In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of ageless living, from rejecting processed foods to releasing stuck emotions, from embracing our sensuality to connecting deeply with our Divine Source. Explaining that the state of our health is dictated far more by our beliefs than by our biology, she works to shift our perceptions about getting older and show us what we are *entitled* to expect from our later years—no matter what our culture tries to teach us to the contrary—including:

- Vibrant good health
- A fulfilling sex life
- The capacity to love without losing ourselves
- The ability to move our bodies with ease and pleasure
- Clarity and authenticity in all our relationships—especially the one we have with ourselves

“Taking all the right supplements and pills, or getting the right procedure done, isn’t the prescription for anti-aging,” Dr. Northrup explains. “Agelessness is all about vitality, the creative force that gives birth to new life.” *Goddesses Never Age* is filled with tools and inspiration for bringing vitality and vibrancy into your own ageless years—and it all comes together in Dr. Northrup’s 14-day Ageless Goddess Program, your personal prescription for creating a healthful, soulful, joyful new way of being at any stage of life.



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*By Dr. Christiane Northrup*

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#### About the Author

**Christiane Northrup, M.D.**, board-certified ob/gyn, former assistant clinical professor of ob/gyn at Maine Medical Center, *New York Times* best-selling author, is a visionary pioneer and the foremost authority on everything that can go right with the female body! Dr. Northrup is a leading proponent of medicine that acknowledges the unity of mind, body, emotions, and spirit; internationally known for her empowering approach to women's health and wellness, she teaches women how to thrive at every stage of life. Dr. Northrup stays in touch with her large community worldwide through her Internet radio show Flourish!, Facebook, Twitter, her monthly e-letter, and her website.

Website: [www.drnorthrup.com](http://www.drnorthrup.com)

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