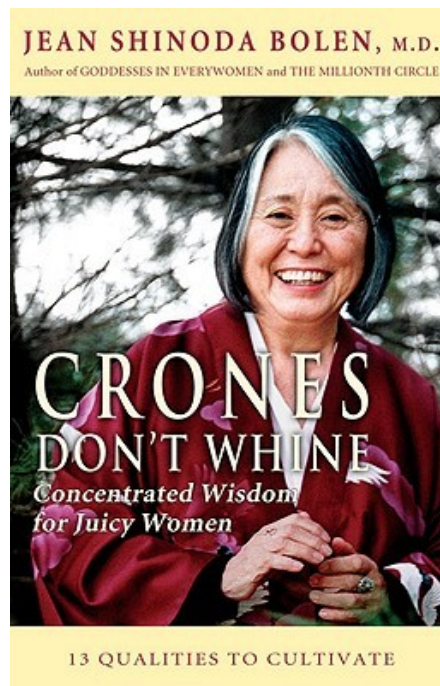




Crones Don't Whine: Concentrated Wisdom for Juicy Women

Jean Shinoda Bolen

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In her latest book, Crones Don't Whine, Jean Shinoda Bolen's playful sense of humour and keen insight combine to offer women thirteen qualities to cultivate. Engage in these small practises and you're bound to be a happier person, who's doing her bit to make the world just a little better. Here are thirteen brief essays to turn to again and again, in bad times and good, alone and with others.

Crones Don't Whine: Concentrated Wisdom for Juicy Women Details

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From Reader Review Crones Don't Whine: Concentrated Wisdom for Juicy Women for online ebook

Linda says

For women of a certain age this is a manual of self-help and redemption. It recommends finding ways to be happy and then doing so. All with a zen-like wisdom and understanding.

Tami says

It was a time of great changes. Within a year, there was a mass deluge from the family nest, my first grandchild arrived, my husband had a heart attack, my career focus changed, and early indicators of menopause reminded me that the biggest changes were about to occur. I was leaving behind motherhood, making family meals, and picking up abandoned dirty dishes. I was moving on to a new phase of my life.

For me, the word crone has always brought up images of a wise elder. A crone as I see her is a woman of confidence with a heart large enough to take on more than just her immediate family. She is the kind of person who'll be completely honest with you when you need it most or make you laugh yourself silly when you're down. In the last year, as my life changed, I actually felt privileged that the universe saw enough wisdom in me to allow me the privilege of becoming such a woman.

I'm glad I came across Crones Don't Whine. This book celebrates crones. It reminds women that aging isn't something to fear. As we get older, we tend to let go of all that extraneous crap and really start to enjoy being ourselves.

Yvonne says

If lifestyle articles directed to women in the age range of 50 to 70 irritate you with their dogmatic tirades on the height of your skirts rather than the benefits of your experience, please pick up this book and keep it with you. Although this is one of Jean Bolen's shorter works, she convincingly makes the case for older women's actions, works and presence as an untapped resource our culture ignores at its peril. Written with warmth and insight, the author encourages women to step into the last great phase of life with humour, flexibility and courage.

Angela2932 says

If you want to read a wonderful book that helps you get beyond the cliches about aging in America, this is it! This book provides a very different perspective than the usual junk offered, particularly to women over 50, (or any women who aspire to someday be 50, so hopefully that includes all women.) Some, but not all, men, might appreciate this as well, but male socialization is just different for men than women. Jean Shinoda Bolen explores 13 attributes that are well worth cultivating to lead a life that is satisfying, regardless of the hurdles that aging can throw at a woman. I like her advice to show up, pay attention, say what you think, and not get too attached to the outcome. She modifies this last part for those situations where, yes, we're going to

be VERY attached the outcome, because it involves our loved ones. For these situations, she says, "pray for the best," rather than "don't be attached to the outcome."

Patricia says

Mature women working together can improve the world and themselves. Bolen examines the history of religion, gender differences, conflicting values and patriarchal agendas that have brought us to the brink of destruction and endless wars.

It is up to mature women to reclaim their power and create a world that works for all of us. Seems to be a timely message...we need equal representation of women and men in positions of influence and power to bring balance, equity and peace to the planet.

Crones speak the truth with compassion, don't grovel, and they choose a path with heart. Good book for our times...a quick read and much to think about. I will read it again.

Barbara says

This book has been a guidebook to how and who I want to be in the 3rd stage of my life as a Crone (age 56 and older). I've read it in 2004,5,6,8,18 with new insights into my own choices each time along with finding it quite interesting to read my comments made at places in previous years. Looking at where I am at 70 is both similar and different than late 50s and at 60. At 70, I find myself more fully embracing and exhibiting the 13 cone qualities Jean puts forth. These have been a wise guide to being. I have given this book as a gift to many women friends as they reached their crone age of 56.

Jewel Star says

Excellent! A type of philosophy to aspire to. If you're 60 and beyond you must read this!

Andrea Anastos says

I have found wisdom and guidance in Jean Shinolda Bolen's books since I read "Crossing to Avalon" many years ago. This book is short and pithy. Very short and very pithy. It is, in fact, concentrated...like sun-dried tomato paste or pomegranate syrup. My own desire would have been for more depth and development, but its advantage as it stands is in an almost haiku quality. I read it, one chapter a night, for several nights and reading it that way makes it a form of meditation. I suspect it would be a delightful gift from one woman in the crone years to a younger one just entering that stage of existence. If you are looking for honesty, humor and challenge, this is your book. However, if this is the first Bolen book you read, don't stop here! Pick up one of her others: "Goddesses for Older Women," "Crossing to Avalon," "Goddesses for Everywoman," and delve even deeper into her ideas.

Sheri says

There are 3 phases of a woman's life: waxing, full and waning or otherwise known as maiden, mother and crone. A crone is not a bad thing. It refers to a woman who is in or past menopause and is at a stage in her life where others' peoples opinions dont matter so much anymore. She has grown into herself, knows who she is and what has madew her strong are all the struggles she had on the way to getting to this point. The book is short, just a little over 100 pgs. and is full of wit and humor and wisdom. Some of the phylosophy was not what I believe but, that's ok, I can look past that and chew on the real meat the author is serving here.

Angela McCormick says

More of a long essay than a useful book

I was disappointed. There just isn't any depth in this book. I had hoped for guidance and suggestions and perhaps personal stories to use for my personal growth. I am glad I only paid ninety-nine cents for it.

Spiritual Sistagurl says

This book was short, but I greatly enjoyed the wisdom packed in the pages. I'm not chronologically a crone, but this is wisdom for all ages.

Moira Shepard says

This delightful little volume distill a good deal of Shinoda Bolen's hard-won wisdom. As I reach cronehood myself, it's reassuring to see, through the author's eyes, the gifts and possibilities of this time of life.

Dottie says

Read this a second time on the train March 9th. Pencil in hand the second time around. Still arather "meh" response however. There are bits well worth having read and a couple of spottieds well into other reading I've been doing of late but I'm not in the right place for this one at the moment perhaps or others held more for me. It's small and pithy so give it a shot if it sound at lall right for you.

Louise Carlson Stowell says

If you are looking for a book that is related to Moon magic and Pagan origins, this isn't what this book is

about.

This is about the coming of age in women...how we recreate ourselves and transform into the wise woman crone. It describes the feelings and the lessons that we learn and can pass on to others. It talks about what a Crone is, what it means to be a Crone. It's about feeling good in your own skin. Being who you are and not being afraid to be yourself totally and also speak your mind.

It made me wonder when I gave up being the wild wise woman and a smother myself in suffering. It is normal to grieve, but it is not healthy for a woman to give away her power, her self-ness, her wildness. It made me find my strength again and I am sure that I will have this as a go-to book for the down moments that will come...but I can tell you, Dr. Bolen, I am a survivor, a warrior woman and a Crone and I thank you for giving me the tender slap in the face I needed to get back on my feet and start living again!

Cynthia says

I wish for a 2.5 star ... I didn't dislike it but I didn't really like it either ... but I'll err on the side of generosity and give it three stars.

Published before the era of blog posts and internet articles, this book is lacking depth. It really reads as an inflated blog post. The tenets are fine ... good reminders of where i am on my crone journey ... but there's really not much substance to the book.

Betsy Campbell says

While I don't think this is necessarily a well-written book, the content is superb! All of us in our third phase of life can benefit from her insight and affirmation. Loved it!

Donna Girouard says

There's wisdom here, and I will pay it forward by passing this book along to another crone.
Minor detail: I do, however, consider it a stretch to put Jimmy Carter in the same category as Nelson Mandela, Mahatma Gandhi, and the Dalai Lama.

Barbara says

This book was way too short! I argue that if we have made it to this age in one piece, whining has not been a big part of our lives. I know it hasn't been part of mine. Bitching, yes, whining, no . And there is a whale of a difference. I have a sign in my bathroom that reminds me everyday that we don't whine. Another in the kitchen reminding guests to breathe more and whine less. They work, most of the time.

Eileen says

Short, pithy and affirming. each phase of life has its worth and value. embrace it.

Kathy says

Wanted to love this. Some good kernels of wisdom but for some reason the advice rang trite to my ears. Still, couldn't resist reading this book since I have a crone in my backyard holding up the brick garden edge. And, we need to honor our inner crones and remember they aren't evil but wise women.
