



# **When Sleeping Beauty Wakes Up: A Woman's Tale of Healing the Immune System and Awakening the Feminine**

*Patt Lind-Kyle*

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In a life-threatening battle with Chronic Fatigue Syndrome the author discovered emotional renewal and spiritual awakening in a transforming encounter with the essential feminine. Here she shows others how to make the journey from self-doubt to self-esteem, from illness to health, and from weakness to strength.

Waking sleeping beauty becomes the metaphor for the process of recovering the legacy of feminine strength that has been largely lost in our culture. From the Publisher Hers is not only a literal story of her battle with a woman's disease, but also a metaphorical telling about the condition of many American women today whose efforts toward healing are really attempts to reclaim their power in a subtly but insidiously male-dominated culture.



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