



# The Women We Become: Myths, Folktales, and Stories About Growing Older

*Ann G. Thomas*

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"Thomas offers women an antidote to society's stigmatization of growing older in this heartening and welcome new volume."

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Women often view aging with misgivings, even dread. Yet, aging is inevitable. How we deal with it can have a profound impact on the quality of our lives. It's time to embrace aging, even to love it, because it is part of us.

**Ann Thomas**, psychologist, author, and mentor, shows us how to embrace the act of growing older. She shows us how to confront our fears and dispel them. Through the stories and myths of many cultures and ages, and through her insightful interpretations of them, she teaches us how to achieve strength, comfort, self-acceptance, and joy. The result is a book that will make the journey kinder, sweeter, and more hopeful. *The Women We Become* is a book you will cherish for years to come.

## About the Author

**Ann G. Thomas, Ed.D.**, is an interpretive storyteller and licensed psychotherapist in private practice in Northern California. She has worked with women in midlife and beyond for more than thirty years.

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