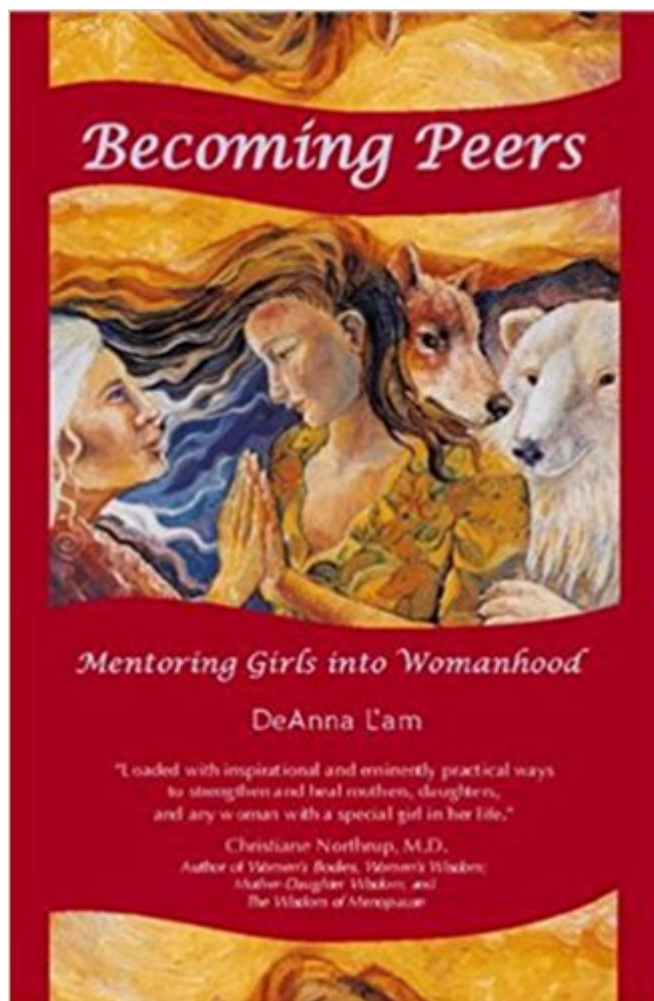


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# Becoming Peers: Mentoring Girls Into Womanhood



## Synopsis

An inspirational guide for mothers, grandmothers, stepmothers, aunts, or any woman wishing to nurture a girl through her coming of age (while empowering herself!) This book provides practical guidelines for mentoring a girl into womanhood. It offers creative ceremonies and activities designed to honor a girl's transition and call her to new levels of maturity. At the same time, it presents the adult woman/mentor with powerful tools for enhancing her inner and outer life. The book is motivated by the belief that for a girl to enter womanhood in a meaningful way, it is essential that her mother and other special women in her life cultivate a new way of relating that will gradually help her to become their peer.

## Book Information

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## Customer Reviews

Becoming Peers Mentoring Girls into Womanhood is loaded with inspirational and eminently practical ways to strengthen and heal mothers, daughters, and any woman with a special girl in her life. Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom*; *Mother-Daughter Wisdom*; and *The Wisdom of Menopause* --Christiane Northrup, M.D. A gem of a book! This is the first book I've seen that provides support, direction, and encouragement explicitly for mothers and other women attempting to foster confidence and joy in their girls during the momentous transition from girlhood to womanhood. The simple rituals and sensible suggestions offered in this book are touching and heartfelt. Vicki Noble, co-creator of *Motherpeace Tarot*; author of *Shakti Woman: Feeling Our Fire, Healing Our World*, and *The Double Goddess: Women Sharing Power* --Vicki Noble Expressive, beautifully written, guided by the wisdom of the elders. Such a resource on deepening connections between mothers and daughters, women and girls, is greatly needed.

Deborah J. Grenn, Ph.D., Co-Director, Women's Spirituality M.A. Program, New College of California, and director of Lilith Institute --Deborah J. Grenn, Ph.D.

DeAnna Lam has been teaching in the United States and internationally since 1980 in the fields of team building, conflict resolution, peacemaking, and women spirituality. Since founding Red Moon Rites of Passage in 1994, she has been leading groups for girls and women throughout California and around the world.

A decent basic book, it has some suggestions that helped unblock my creativity in preparing for my daughters welcoming of age ceremony.

DeAnna Lam offers an expanded panorama of 'coming of age' and multi-cultural 'rite of passage' for girls becoming maidens and becoming woman. Do you truly celebrate all that you are and all that you have been? Venture to peek at the divine feminine through the wisdom of woman throughout the ages from many cultures melded to enlighten and empower you, and the maidens in your life.

Becoming Peers is a wonderful and much-needed book for anyone who is an elder or mother to girls. There are no road maps today for how to help girls transition to womanhood in a meaningful and concrete way, so this book fills in a huge gap. DeAnna Lam provides easy-to-do and exciting activities that girls and women can engage in together that truly lead to the enhancement of a girl's self-esteem and her passage into greater maturity. I was stunned to see the degree to which the special girl in my life did a turnaround after she was lovingly embraced in ceremony by older women. Ceremony really works, yet it's so easy to overlook that fact because most of our supposedly spiritual rituals have lost their meaning. I also love how DeAnna has women make it a priority to take care of themselves first and quench their own thirst for healing and ceremony as a means of preparing for a girl's rite of passage. This is a must-read for anyone who wants to help girls thrive.

A great addition to the few books on the rite of passage of girls into womanhood. It contains useful insights and ideas for women of all ages trying to come to terms with their monthly cycle and how to help a new generation of girls embrace their own moon time.

What a gift this book is to all women of today, and tomorrow. The author brings out a "taboo" topic

and turns it into a beautiful gift. She explains in easy to understand language how (and why) to welcome girls into womanhood. This is a great book for woman who has young girls in their lives, weather its friends or relatives.

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