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Women band together in biz

Four women doing business in Ann Arbor work together to promote a unique style of exercise that combines breathing techniques, movement and meditation.

They're looking to expand their outreach as the midwest hub for Internal Energy Plus™, a fitness system easily adapted to any woman's favorite way to move her body. [Read more](#)



Dating service bill moves back to Judiciary committee

Critics of a bill that would require Internet dating services to conduct background checks say it wouldn't protect singles - and might violate the Constitution. Now, it's back in the Senate Judiciary Committee. [Read more](#)



Let Your Goddess Grow!: In touch with feminine divine

Author Charlene Proctor inspires readers to forge a new path in self-discovery by digging deep into themselves to find a connection to spirituality. [Read more](#)

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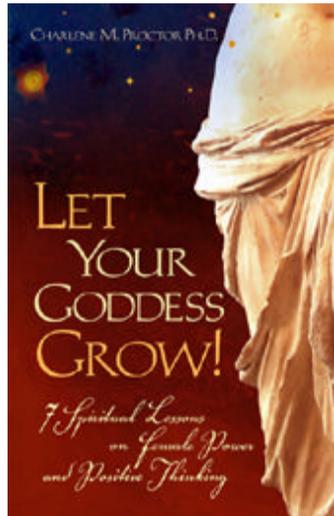
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Let Your Goddess Grow!: 7 spiritual lessons on female power and positive thinking

Of all the self-limiting beliefs so many women retain, the greatest may well be culturally cemented in our minds and hearts.

In *Let Your Goddess Grow! 7 Spiritual Lessons on Female Power and Positive Thinking*, author and therapist Charlene Proctor, Ph. D., begins to chip away at the idea that divinity is the pervue of men, that women - because of Original Sin - are somehow less deserving of anything but blame.

With a gentle humor and countless revealing insights, Proctor guides readers into the depths of the ancient past to release old hurts, reprogram old thoughts and bring about a new and more powerful understanding of themselves.

Proctor goes deeper than so many self-help authors who urge the power of positive thinking. She takes a step beyond by sharing her personal

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spiritual beliefs and understanding of the feminine divine, a centuries old concept whose adherents have been labeled heretics or, worse, physically attacked for challenging patriarchal authorities.

Chapters delve into the seven lessons: Insight, Balance, Resiliency, Your Authentic Self, Abundance, Corporate Soul and The Divine Feminine, all of which end with a series of intriguing questions to help the reader connect concept and reality, as well as a set designed to encourage discussion circles.

Proctor's central message weaves in and out of the pages, encouraging a generation of weary women: "Above all, know that we are beautiful entities -and the soul's journey is a gift, a miracle," she writes. "We are beloved treasures who have an incredible opportunity to learn. People who are our greatest critics are there for our own benefit. By harnessing our own capabilities to create a world where we express our own divinity, we can evolve together. And who knows where it will lead?"

Order [Let Your Goddess Grow! on-line](#) at The Goddess Network Web site. A companion book of meditations, *A Woman's Book of Empowerment* is reviewed [in our Inspired section](#).

--by Joni Hubred-Golden

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