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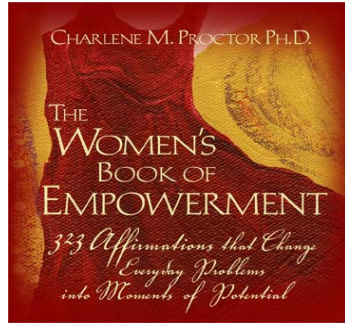
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## Book empowers women with daily meditations

Many books of affirmations speak to creating the life you want - but few address the issues women face like *The Woman's Book of Empowerment*.

Written by author Charlene Proctor, the book's meditations reinforce seven spiritual lessons introduced in Proctor's *Let Your Goddess Grow!*, also newly released. Written in present tense and with a brightly positive sense of completion, the affirmations describe what we intend - rather than what is. The idea, Proctor writes, is to focus on living consciously and powerfully, co-creating the future with our Higher Power.

"A positive, affirmative statement is a declaration to the universe that you choose to take the upper hand and never accept anything less than what you deserve," Proctor writes in her introduction. "Affirmations are always made in the present tense, and they train the mind to stay in the present moment. They help you arrest the impulse to self-doubt and give you more energy to focus your attention on a life filled with prosperity, love, good health, and happiness."

Affirmations cover virtually every aspect of life, from simple boredom and laziness to "legal action

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against me" and a variety of workplace crises, many specific to women. Proctor also reiterates that every challenge comes with the opportunity to gain wisdom and insight.

Order *The Women's Book of Empowerment on-line* at The Goddess Network Web site. *Let Your Goddess Grow!* is reviewed [in our Book It section](#).