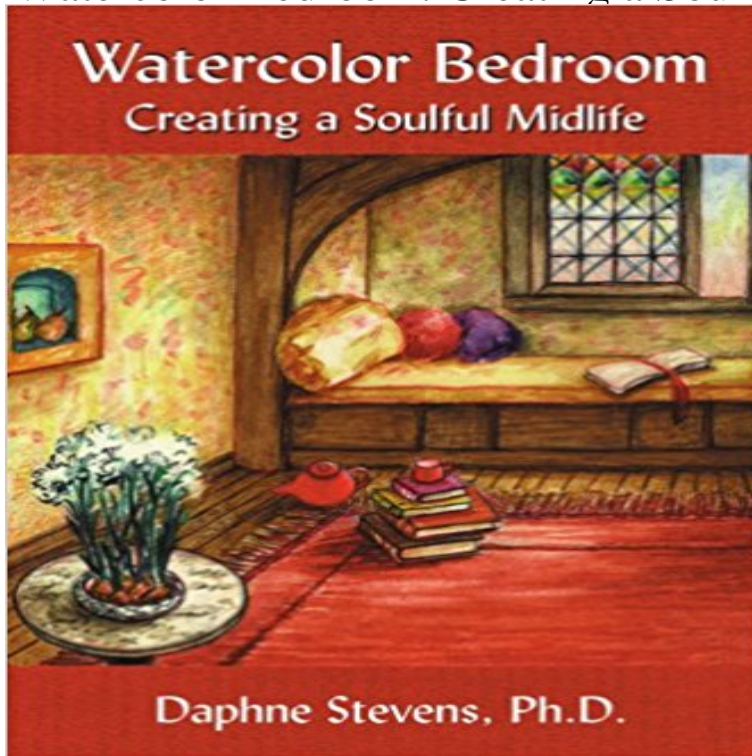


# Watercolor Bedroom: Creating a Soulful Midlife



Midlife is an invitation to move into the center of life. More than a transition, it is a time of deep initiation, of claiming our wisdom, and of stepping into our authority as co-creators of our lives and shapers of the world. Watercolor Bedroom: Creating a Soulful Midlife offers pithy insights about coming of age, letting go of the things that no longer serve us, and creating a vision for the second half of our lives. Through the authors personal story, glimpses drawn from mythology and religion, and suggestions for self-exploration and journaling, this book will encourage and companion you in embracing the grand adventure of midlife. Endorsements: What a delightful, personal, nurturing peek into one womans journey of creating a life that fits for her...a truly comforting, wise Grandmother God life. A blend of A Room of Ones Own and The Womans Comfort Book. I enjoyed it immensely. -Jennifer Louden, Comfort Secrets for Busy Women Daphne Stevens wisdom echoes long after reading this book. Like a pioneer, she has mapped a new journey into midlife for women...one of adventure, hope, and self-renewal. -Lisa Groen Braner, The Mothers Book of Well-Being I wish I could spirit my way into every home and place this book onto the table. In Dr. Stevens presence, the soul breathes more spaciously. We touch the deeper mysteries of everyday experience, see our own problems in a friendlier light, and find the gentle comfort that only her Watercolor Bedroom can

offer. -Dianne Skafte, Ph.D.,  
Listening to the Oracle

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