



# Consciously Female: How to Listen to Your Body and Your Soul for a Lifetime of Healthier Living

*Tracy Gaudet, Paula Spencer*

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## **Consciously Female: How to Listen to Your Body and Your Soul for a Lifetime of Healthier Living**

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In this revolutionary new book, Dr. Tracy Gaudet, director of the Duke Center for Integrative Medicine, shares her remarkable vision of a new way of looking at self and wellness, which will change the way women think about their bodies, their health, and their lives.

Through her own personal journey as well as her work with thousands of women as an Ob-Gyn, Dr. Gaudet knows that being able to tap into the spiritual, emotional, and cyclical realities of female life has a powerful effect on health and well-being. Yet she has found that many women are “unconscious” of the intimate connections between these realms. Now Dr. Gaudet explains to women how to reconnect their bodies and their souls, in order to become “consciously female.” Using her experience in integrative medicine, which draws on the best of both alternative and conventional Western practices, she offers mind-body techniques that will give you a deeper understanding of the inner workings of your body, and access to your unique feminine wisdom.

By helping you make the best possible choices to support your health and wellness, the process of becoming “consciously female” will enrich and empower your life, day to day, week to week, year to year.

*From the Hardcover edition.*

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