

## Book Review

### The Natural Superwoman

#### The Survival Guide for Women Who Have Too Much To Do

By Rosamond Richardson

"Superwoman? Perish the thought." Those are Rosamond Richardson's words describing the title of her own book, *Natural Superwoman. The Survival Guide for Women Who Have Too Much To Do*. *Superwoman* brings up ridiculous ideas about women coping perfectly with everyone and everything in their life. Truly absurd, right? The author hopes her new "Natural Superwoman" helps women regain their right to themselves and their own guilt free life. I can't say I like the title of the book, but the contents are full of information you will find beneficial. The premise of this book is for women to remember to stay connected to their inner needs. In today's busy demanding world we need to have a balance. At the Fort Garry Women's Resource Centre we remind women to practice self care to help achieve this balance. *The Natural Superwoman. The Survival Guide for Women Who Have Too Much To Do* offers many ideas for self care. Produced on high quality glossy paper, the book has lovely artwork throughout. It's one of those books that would be great to leave on your coffee table for a while to page through when you are feeling weary or stressed.

Many topics are covered in this book. She discusses how to have an eco-friendly home, balancing relationships, coping with stress, eating well, natural health, natural self care and activities for the soul to name a few.

One of my favourite sections is on de-cluttering. I agree with the author that we need to reclaim our space, regularly. It is truly energizing to do this. I personally off load the things I don't like, the ones that don't fit and those I don't use. As the author says, "recycle all your waste and simplify your life."

I also enjoyed the Stretch, Relax, Exercise section of the book. The author recommends incorporating activities like yoga or stretching into your daily life. Activities like these change negative energy like depression and fatigue

into positive energy so that you feel more relaxed and mentally clearer. The photos in this section are attractive watercolour drawings.

One section in the book I didn't like was entitled The Therapy Trap. The author must have had a very bad experience with therapy during her lifetime. She refers to talk therapy as "intrusive probings" and "invasive analysis which creates a trap from which it is difficult to extract oneself intact." According to Rosamond Richardson therapists in general are "expensive and potentially abusive". Wow what an overstatement that is! I would guess the author has never had the experience of attending counselling in a safe and welcoming environment like the Fort Garry Women's Resource Centre. If she had she would know that sharing your story with understanding women especially trained counsellors who listen and support you can lighten life's burdens immeasurably. Too bad this small section is so negatively presented in the book. Aside from this one complaint I would recommend the book. There is a lot of wonderful information presented in a pleasing and easy to use format.

Look for this book in our library. It's in the Coping Section.

Submitted by Nancy Stewart