

TREAT YOURSELF WITH A WELL SELECTED BOOK AND YOU MIGHT FIND YOUR EGO DISSOLVES, YOUR GREEN INTAKE IMPROVES AND YOUR WANDERLUST FOR TRAVEL IS IGNITED.

The Law of Balance I **Lorraine Magda**

Balboa Press

This insightful, personal and practical book focuses on the fact that each of us has a masculine and a feminine side we can draw on at will. The key to thriving in all areas of our lives is taking conscious steps to integrate both sides to maintain a state of dynamic balance. It examines the nature of the inner feminine - inward, receptive and integrating - and contrasts this with the inner masculine - outward, active and differentiating. Lorraine points out that to rise above the new patriarchy and gender binaries that limit us and achieve authenticity and self-realisation, we need to step out of our hypermasculine or hyperfeminine states and learn to embrace true balance within. Drawing on her 40 years of knowledge and experience on the subject, the invaluable book gently and skillfully guides us along our own journeys toward balance. Available from selected bookstores and online.

