



# THE FEMALE POWER WITHIN

*A Guide to Living a Gentler, More Meaningful Life*

by Marilyn Graman & Maureen Walsh  
with Hillary Welles

*“The Female Power Within is a groundbreaking exploration of the nature of women’s power. It reveals that our power is in our authenticity. It is time to stop being angry with men, and stop being limited by them. As more women uncover their true natures we will, as Marilyn and Maureen suggest, transform the world.” – Arianna Huffington*

It was Sigmund Freud who, 100 years ago, posed the question he thought was unanswerable, “What does a woman want?” In a new book **THE FEMALE POWER WITHIN – A GUIDE TO LIVING A GENTLER, MORE MEANINGFUL LIFE** (Life Works Books, June 2002, \$22.95) Marilyn Graman and Maureen Walsh reveal the answer. They offer that women may not want the lives of their mothers and grandmothers, and while feminism has accomplished many of its goals, the “glass ceiling” of success is still based on the lives of men. Women want a third choice.

What women want are authentic lives filled with a uniquely female power. “Each of us now has the opportunity to become more fully, intensely, lovingly, enthusiastically, and beautifully herself,” say the authors. “As we begin to live authentic, fully engaged lives and come into our female power, peace will emanate from each one of us. And as we change, others will change and so will the world around us.”

How will this change happen? Michelangelo, one of the greatest sculptors of all time, said he could look at a block of marble and see the figures trapped inside it, waiting to be released. In his famous series of partially completed statues, the figures seem to strain to emerge from unfinished blocks of marble as if trying to pull themselves into existence. Like Michelangelo’s statues, each woman, Graman and Walsh suggest, has all the power she will ever need already within her—and releasing it begins with simply clearing away what is obscuring it.

**THE FEMALE POWER WITHIN – A GUIDE TO LIVING A GENTLER, MORE MEANINGFUL LIFE** is both a how-to manual and an inspiring, practical guide to rediscovering each woman’s individual needs that may be lost under layers of external influences. Stripping away the veneer of cultural and family expectations allows a woman to uncover her true self, and reveal her innermost core of

strength, sense of well-being, emotional health, and female power. Graman and Walsh provide women a step-by-step process of deep questioning, meditations, exercises, and visualizations, to access the power of their authentic selves.

**THE FEMALE POWER WITHIN – A GUIDE TO LIVING A GENTLER, MORE MEANINGFUL LIFE** examines:

- Why so many women are discontented with life murmuring, “Is this all there is?”
- How the most important feminist need today is a “Quiet Revolution,” turning away from external influences and going deep inside to uncover and fulfill deeper longings.
- Ways women can tap into female power energy sources, change perspective and achieve ease, satisfaction, and fuller, more uniquely authentic lives. Women, suggest Graman and Walsh, were captivated but ultimately limited by the early feminist vision of equality. They assumed power, success and happiness required adopting traditional male values of competition and aggression and joining the tightly controlled, top-down management style.

Today, as women successfully navigate their way through political corridors of power, around military trenches and up the corporate ladder, they discover victory has come at a heavy price. Women tried to be like men but many are ultimately left feeling dissatisfied and overworked by trying to fit their expansive natures into narrow boxes. Too often accomplishment brings weariness, lack of energy, and a lingering sense of discomfort. Women must rediscover that their power does not only flow from their male sides, but also from their ability to live from their complex female selves.

The recognition that life is not linear brings with it the uniquely female happiness that comes from enjoying the ride of life, taking detours, and from accepting joyfully that life can be complicated and unpredictable. **THE FEMALE POWER WITHIN – A GUIDE TO LIVING A GENTLER, MORE MEANINGFUL LIFE** urges women to tap into their birthright, compassion, communication, cooperation, flexibility, nurturing, envisioning and joy.

The thousands of women who have followed Graman and Walsh’s guidance over the last 15 years have become grounded in the present and feel comfortable in their day-to-day lives. They enjoy being boldly, fully, and naturally themselves. With this guide to individual power and empowerment, Marilyn Graman and Maureen Walsh hope to change the world – one woman at a time.

**THE FEMALE POWER WITHIN – A GUIDE TO LIVING A GENTLER, MORE MEANINGFUL LIFE**  
Marilyn Graman and Maureen Walsh

with Hillary Welles  
Life Works Books  
ISBN: 0-9718548-2-3  
Cloth, \$22.95, 256 pages



National Public Relations: Eileen Duhné  
6-A Meadow Way, Fairfax, CA 94930 ♦  
Phone/Fax: 415.459.2573 Eileen@lifeworksgroup.com