



Bodied Mindfulness: Women's Spirits, Bodies and Places

Winnie Tomm

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“I see spirituality and social change to be integrally related to each other. I believe that liberation efforts that are supported by spiritual experiences of integration promote human dignity as well as social equality.”

Bodied Mindfulness combines spiritual, social and analytical perspectives to explore topics central to women's development: spirituality, women's bodies, cultural constructions of women's sexuality in language, sexual ethics, the sexual contract in politics and at work, and the relation between nature and culture. It is Tomm's deeply held conviction that women need to bring a vital spirituality to feminist social criticism in order to resolve these issues and increase their power to promote social justice and ecological balance.

Tomm embraces a vast store of knowledge from diverse sources, including Buddhist, shamanist and feminist resources. In a move away from abstract theorizing, she explicitly connects theory with realities lived by women. Grounding theory in personal experience — her own and others — Tomm delivers a powerful and empowering account of women's spirituality. The resulting ontological transformation allows women to live deeply in the body while strengthening their relation to human and non-human matter and energy.

Bodied Mindfulness will be of great interest to feminist scholars in all disciplines, but most particularly to those in Women's Studies and Religious Studies.

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People live in this new day time of lifestyle always try to and must have the extra time or they will get lot of stress from both daily life and work. So , whenever we ask do people have free time, we will say absolutely without a doubt. People is human not really a robot. Then we ask again, what kind of activity have you got when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading publications. It can be your alternative with spending your spare time, typically the book you have read is definitely Bodied Mindfulness: Women's Spirits, Bodies and Places.

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