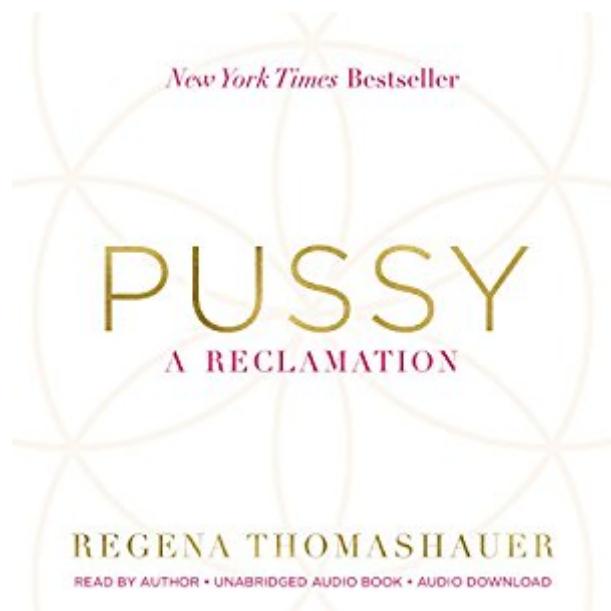


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# Pussy: A Reclamation



## Synopsis

A New York Times best seller. Get ready to encounter a book that will change your experience as a woman in a powerful new way. Author, educator, and School of Womanly Arts founder Regena Thomashauer has been working with women for the past 25 years, and what began as just a few women in her living room has since grown into a global movement with thousands of graduates worldwide. In her newest book, *Pussy: A Reclamation*, you'll discover what no one taught you about the source of your feminine power and how to use it. It's no secret that women today are still undervalued at home, at work, and in relationships. Too many of us are at war with our bodies and disconnected from our truth. See, we live in a culture that teaches us to turn off. To play small. To take care of everyone else first. To keep a lid on our dreams and a cork in our truth. This book is written to reacquaint a woman with her own power source - which is the part of herself she has been taught to ignore, push down, and despise. Indeed, the word that most viscerally sums up that power is, as Regena puts it, "arguably the most powerful pejorative word in the English language". Like any expletive used effectively, the title of this book is meant to be a wake-up call. It is a reclamation in a world that desperately requires the feminine. Here's what you'll learn: The key practices required to seek and speak your deepest truth, no matter what How to embody radical self-celebration and why it will change your life How to end the war with your body - and, rather, see it for what it is: beautiful, sacred, powerful, and so, so worthy of approval How to trade depletion, obligation, overwork, and resentment for gratitude-filled, passionate contribution to our families, communities, and society Why a woman's sensual awareness is critical for her spiritual, intellectual, and emotional health What's ahead on the next frontier of feminism - and how you can help make it happen And oh, so much, much more This provocative, groundbreaking book brings forth a whole new paradigm for women along with game-changing tools and practices to navigate any area of your life - relationships, career, body, confidence, sensuality, and more. By turns earthy and erudite, passionately argued and laugh-out-loud funny, *Pussy* delivers the tools and practices a woman requires to do and be whatever she wants in this life. It's a call for her to tune in, turn on, and not drop out - but live more richly, fully, and lusciously than she ever thought she could. There's a revolution afoot, and you're invited.

## Book Information

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## Customer Reviews

I guess I'll start by saying, I'm a guy ... So you might wonder why I'm reading this book. My wife recommended it and I have to say I enjoyed the content. Its startling to think, actually, how we swim in a sea of patriarchy. Its easy to miss as its so embedded its transparent. So I look at how I can better help my wife answer that question of "what do I want?". And I can try to find ways to support her to get in her body, to stay in her body, to be in her power more. No small tasks admist busy lives, with a kid, and work, etc. I remember reading the author's first book 15 years ago it was? I found the pink cover a bit frilly and annoying, to be honest. But I admired the writing and the effect of the content on my girlfriend at the time. Now, fast forward many years and my life is completely different, but I still find it impacted by the author's work. Thats saying something. I think Ms. Thomashauer is a living legend. A true care taker of women. A brilliant and funny writer. A stand for things being different. Someone willing to take risks and put it on the line. I high recommend!

More than five years ago when I first walked into Regena Thomashauer's Mastery class I was skeptical, to say the least. Although I had watched another close friend's transformation from depressed to ecstatic (the friend who'd insisted I go), I no longer held much hope for finding the "Wholeness" that my soul had sought for as long as I could remember. The wholeness which had been ripped from me all too prematurely, rendering yet another casualty of a brutal patriarchal system that had left those closest to me highly damaged and continuing their pain of chain on into the next generation. After all, I had been on quite the quest to heal for more than 40 years now, having eagerly thrown myself into workshop after workshop, reading at least a thousand self-help books and trying all the latest transformation techniques. How could this "Pink and Fluffy" experience possibly have anything to offer that I hadn't already explored? Enter Regena

Thomashauer, aka Mama Gena. Bold, bigger than life, with the mouth of a sailor and the panache of a show girl, she swept each and every woman off her feet, sending an electrical current through the room like a lightning bolt of pure pleasure. What transpired within me from that very first hour was the feeling, at last, that I'd come Home. Here was a woman who was speaking my language and resurrecting the Sacred Feminine in a way that touched the old and ancient wounds within and literally flamed the ashes of my soul back to life. Finally, I'd found my Tribe, my long lost Sisterhood. Now Regena has poured her magic elixir into the pages of this brilliant new work, weaving her genius into her words and spilling them onto the pages like liquid pearls of pleasure. This is what a Revolution looks like. Join in if you dare. I guarantee, you'll never view the word Pussy quite the same way again.

Excellent wake-up call to the aspect of pleasure! Society teaches women to shove down the aspect of pleasure. When women finally do something to pleasure themselves, they tend to feel guilty. We are all deserving of guilt-free pleasure. However, there are a few lines within the book that are somewhat raw. (Not for the faint of heart.) Overall, the book "Pussy" sends the message for women to feel good about themselves and take their power back. Go Mama Gena!

Yeah...I'll admit the title was off putting at first...but the topic is DEAD ON for my life right now..and Gena is funny and vulnerable and deeply heart centered in her presentation. The suppression/opression of the feminine hurts ALL OF US and its way past time to change the world...one desire at a time. I want all my friends and especially my teenage daughter to read this. My son too..when he is a bit older.

Read this book! I ordered it when I was intrigued after a few clicks through Marie Forleo's blog. I read it right away and immediately thought 'good God, what else did I not know?' and 'holy crap, thank God I found this book so I can teach myself, my husband, our 13 year old daughter and three sons, 12, 10 and 9, about pleasure and what it means to be radiant'. When I researched the author, I signed up for the free Experience in January - if I could go, I'd go and if not, no big deal. Well, I went ALONE and it was the most INCREDIBLE free thing I have ever experienced. Regina and her team were amazing and so gracious. So much so that I knew I needed to be in her presence again - she is a genius. I'm currently a student in the Mastery program and it is my desire that every woman in my life read this book and finds her way to turn her LIGHT ON!! Just ordered 10 books to share.

Great book, timely information. It's a provocative title and takes a minute to get over the societal stigma associated with the word, but her passion for embracing feminine power is very strong throughout the book. Even if you are in a happy, fulfilling relationship (like I am), this will make you sit up and ask, "How much better can it get?" A lot. Seriously.

Mama Gena is spreading the Feminine Divine's Power of Woman throughout the world with this book. Having been part of Regena's Sister Goddess Movement for 11 years I have had successful results from the tools and techniques over the years. This book is a culmination and summary of her teachings with loads of new research and insight for women to grab hold and use to create the lives they desire. Regena Thomashauer is a revolution in and of herself and she invites the reader to join the magnificent march of women all over the world. Buy the book, practice the techniques and be ready for the ride of your life as you own your Power and Responsibility as a woman. Forever a fan, judith f pepper

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