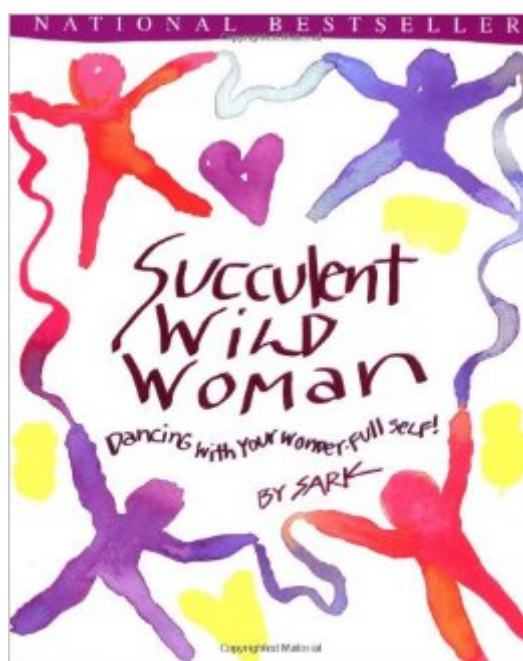


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Succulent Wild Woman



Synopsis

This book is my glowing invitation to youâ€”to live a rich, succulent life!! explore love, sexuality, romance, money, fat, fear and creativity. It's a little bit like reading my diary -- with permission. Succulence is powerFull! and so are we as women.

Book Information

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Customer Reviews

Several years ago, I received this book as a gift from my cousin. I read it, but found it difficult because it is filled with hand written pages in wildly colored text and includes line drawings that seemingly have no connection to the text. Yet there is magic in this book and style, and in reading it again, I see why the format is important. Sark reveals herself, without fear or shame, much as a child simply tells the truth or writes letters and numbers with a crayon. There are many topics in this self-help book, so I will only tell a little about a few of them. What I have discovered is that I have implemented more than I realized in the years since I first read this book. Go out Wildly and Alone. Sark wrote, "My mother taught me not to wait for a man to buy me flowers. She always said, 'Buy your own flowers, too.' ... and I do." This bit of advice also covers buying something for ourselves simply because we like it. I splurged on some new knit shirts to wear with my jeans -- because I wanted them and I loved the colors. Old, Alone, and Succulent in Sark's words: "We are studying now to be the old women we will be." Getting older is a trick of fate, but being succulent is putting up pink towels because you want them; dancing in the rain (sans clothing) - well that's my idea of succulence; not fearing to throw your head back and laugh. Tonight I walked down to the park so I could swing. Faces of Intimacy: "Nobody tells us as little girls that we may fall in love and have

moments of hating our beloved..." We build many walls in our goals of self-protection, but ultimately the walls create isolation. Break the walls down. Start simple -- for years I have walked up to strangers to tell them that I like their earrings or shirt or tie.

In 2002, I remember speaking to a group of women in the Philippines at a workshop on women's wisdom. When I told them that there is room in this world for everyone to shine because inside all women are fabulous--- I got a lot of unbelieving looks. A lot of women around the world, even in the United States, don't believe that they've got it in them. And that is one of the reasons why I highly recommend this book. Sark's book is about learning to be a wonder-ful woman who is not afraid of life. Here "succulent" is defined with these words: ripe, juicy, whole, round, exuberant, wild, rich, wide, deep, firm, rare, female. Most women, have been raised up to be quiet and demure---keep your legs closed and your thoughts to yourself....etc, etc. Little do we realize that some of these tenets of femininity have suppressed our full expression of who we are and have prevented us from pursuing our dreams. We need to discover for ourselves how we can live life to the fullest. This book is fun, wild, inspirational, definitely different and it CAN give you ideas on how you, too, can start to find out more about your fullest self. The concepts that Sark gives in her books, starting with "Succulent Wild Woman" are that women need to live life to the utmost and that they need to love themselves so that they can love others, too. Here are some more of Sark's ideas that can lead you, too, to be your fabulous self: ...Marry yourself first...promise to never leave you... ...discover your own goodness ...dress to please yourself ...you are enough, you have enough, you do enough ...make more mistakes! And more thoughts on healing, fat, money and power, community, love and romance...What's more, there's little whining in this book---one of her best ideas is: end blaming...

I hadn't thought about this book for a while, but in going back to some old thoughts I began to ponder it again. SARK peaked with this book. It seemed to me to be the fullest, most open of her books. Other readers have dismissed it as too fluffy or overly "look-on-the-bright-side", but sometimes we need those things (and it isn't always true of this book; read on). SARK even says that she is not always a positive person, though because of her books and her public demeanor people tend to think that it must be easy for her. On the surface the book looks rather simple: bright colors, little drawings. It's relaxing to look at and generally invokes a positive vibe. However, upon investigating deeper the reader learns of some of SARK's past: sexual abuse by an older brother, various addictions and such. I've seen some reviews that say that the readers felt uncomfortable about purchasing the book after seeing the incest and abuse parts. Unfortunately, these forms of

abuse are a very real (and sad) fact of life for many people; I am lucky that I have never experienced this, but I know people that have, and yes, it is ugly and uncomfortable. If we ignore it, or in this case throw out the book because there are uncomfortable issues in it, that cycle will all the more easily continue. This aspect of the book helps SARK to iterate that her life hasn't been all about rainbows and eating mangoes naked. People **should** feel an emotional response to this part, but it should be anger (for her sake, not at her) rather than discomfort. It's somewhat difficult to reconcile the two images of SARK -- her darker past and her current, seemingly better-adjusted self -- but it is a sign that even someone with such issues can get out of that state.

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