



My Female, My Male, My Self, and God: A Modern Woman in Search of Her Soul

Anneliese Widman

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My Female, My Male, My Self, and God: A Modern Woman in Search of Her Soul Anneliese Widman
My Female, My Male, My Self, and God, A Modern Woman in Search of Her Soul, is a dramatic and moving piece of spiritual writing from the innermost experience of an amazing woman, Anneliese Widman. The former Broadway dancer and chiropractor turned psychotherapist takes the reader on a breathtaking journey from a psychologically abused childhood to a series of failed relationships. Widman shares with the reader her confusion and pain as a child trying to figure out what she had done wrong. Her story of a tyrannical father and an abusive mother grips the reader and compels interest like a character in a Kafka novel -- except this isn't a novel. It's true. Unable to figure out who or what was wrong, she began a life long search for peace and meaning. In her quest, she shares with the reader her innermost secrets, loves, fears, hopes and joys.

Widman's judicious combination of prose and poetry makes her reader an intimate partner in this compelling journey of an amazing modern woman. Escaping from a childhood which plagued her, Widman takes the reader on an thrilling journey of self discovery from a dance career, shattered and frustrating love affairs into therapy. She becomes an early convert to Bioenergetics with its emphasis on a free movement to release the real inner self. Converted to this new way of release, Widman became an early pioneer in the use of bioenergetics to train dancers. Unfortunately few of her colleagues in dance shared her radical viewpoint. Undaunted, she pursued her spiritual quest until she, like all others who walk the path of spiritual discovery, learned to look inward for the answers. In the best tradition of quest literature, Widman shares how she applied what she had learned in an attempt to help others heal themselves. As she realized that truth lay within, she began a second career as a psychotherapist. All who have sought inner wisdom and peace will find My Female, My Male, My Self, and God, a book that they simply can not put down until finished. Then they will want to pick it up again as a guide to use on their own personal path.

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