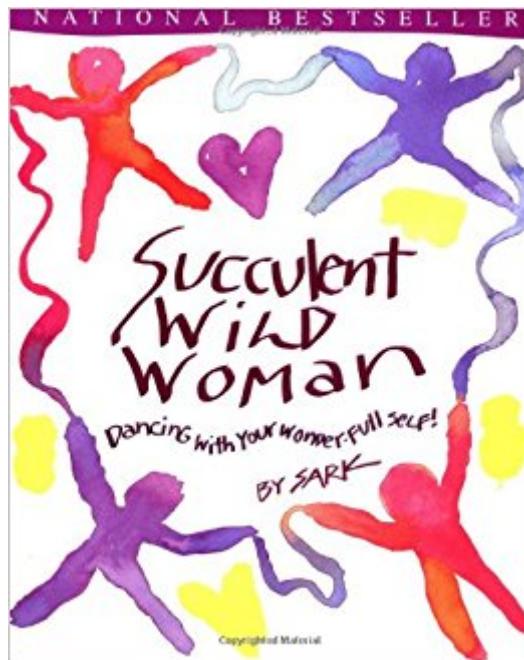


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# Succulent Wild Woman



## **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**

SARK, an author, artist, and incest survivor with many years of therapy and self-healing behind her, wishes to shine her "beacon of hope to the world" as she encourages and inspires women of all ages to become "succulent." She defines this as transcending past pains and feeling the freedom of full self-expression. Very candidly she shares the tragic, the glorious, the intimate, and the adventurous in her life, dispensing sage advice and a lengthy menu of readily doable suggestions for arousing creativity and nurturing self-discovery. Bubbly, humorous, and at times just far-out, SARK is enjoyable to listen to. Her program, comprised of passages from her 1997 book of the same title, stories, and anecdotes, belongs in public library self-help collections and also in the hands of men who seek a better understanding of the women in their lives. ?Barbara Vaughan, Buffalo State Coll. Lib., N.Y. Copyright 1997 Reed Business Information, Inc. --This text refers to the Audio Cassette edition.

Barbera Sher Author of I Could do Anything if I Only Knew What it Was "Funny, delicious and wise -- Sark makes a gloomy day sunny. Even her handwriting makes me smile."Julia Cameron Author of The Artist's Way "Sark's gentle and effervescent work is a festive, creative catalyst that throws open

a wide and generous gate."

I love Sark. I have, for years now, embraced all she has put out there, and Succulent Wild Woman is one of her best. This copy is actually the seventh I've purchased across the years, purchased as a gift for yet another Succulent Wild Woman who has not yet quite embraced the best of herself, too caught up in the shoulds and woulds of our world. And...as I expected, the book did the trick, triggered the shift I knew she brinked upon...

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-full 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... She's got honest, good stuff about facing our insecurities, faults and fears. I urge all of you timid and insecure women(and don't most of us start out this way?) to find your fabulous, succulent, bodacious selves.... to express yourselves....to find as much support you can get from friends, loved-ones and books like Sark's (and all other great books).... and to get out there and live a life full of love---the romantic kind is only part of this... the Universal kind is what you learn to be embraced by when you are your fullest, most succulent self!

Not what I was expecting, but still good.

Sark is in a class of her own. I love her illustrations and positive views of how to maneuver through life. So many books are on the market, I purchased one book for my library and picked another to cut up and use in my junk journal creations. So I extended the life of the book - INTO my life!

Thanks Sark!

I enjoyed this book because it's good to dip into under its various sections, as you need/feel like it. You can keep dipping back into it as things arise, or resurface. The author has done a lot of life journeying; some of it wild, some of it plain crazy - enjoy this wildness - part of the succulent WILD woman gag/ideal that she upholds as the key to a great life. We all know there's more to life than that! But it helps you think about your choices - that's what good therapy does. It's informed by her Jungian philosophy - which we, as readers can take or leave - and simply enjoy the book as it stands. The colour and content are fun after all. P.112 is a favourite. It's all about what you are just about to do again - buy another self-improvement book!! You will just laugh and laugh at yourself. I've done all these things, and honestly - if you haven't, then try out her ideas, make sure you do exactly what she suggests! While it gives you practical good ideas for dealing with the 'stuff of life' - it also helps you laugh at yourself simultaneously, and not take things so seriously - which in itself is good therapy too.

If you are a woman who has experienced doubt in her life this book is for you. Filled with joyful expression this book cements positive thinking and self worth. A book for every growing woman.

Succulent Wild Woman, I think I am at the age that I can be myself with SARK's encouragement and live how I want to live without having to worry about what others think about me. Her book has some great advice about different aspects of your life and how to not be so afraid and let go of what others think and try to be happy with who you are. I have 4 other books by SARK and they are great as well.Â Prosperity Pie : How to Relax About Money and Everything Else, Sark's Journal and Play!Book : A Place to Dream While Awake, Make Your Creative Dreams Real: A Plan for Procrastinators, Perfectionists, Busy People, and People Who Would Really Rather Sleep All Day, Transformation Soup: Healing for the Splendidly ImperfectÂ all really great and uplifting reads.

This is the second time I purchased this book. First, for myself & now for a friend as a gift. She has

moved and is starting a new chapter in her life. Sarks words are full of positivity and encourage soul searching. Fun illustration mixed in throughout.

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