



The Way of the Happy Woman: Living the Best Year of Your Life

Sara Avant Stover

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Our ancestors adhered to the daily, seasonal, and yearly rhythms of nature by necessity, but modern life overrides these cycles, compromising women's health and happiness. In this book, Sara Avant Stover shows how simple, natural, and refreshingly accessible practices can minimize stress and put us back in sync with our own cycles and those of nature. When we honor spring's seedlings, summer's vibrancy, fall's harvest, and winter's quietude, we harmonize our inner and outer worlds. Sara's recommendations nurture the body, invigorate the mind, and lift the spirit. Illustrated yin and yang yoga sequences, one-day season-specific retreats, enticing recipes, and innovative self-reflection techniques make it easy to reconnect with the essential.

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