



## Creatrix Rising

Unlocking the Power of Midlife Women

by Stephanie Raffelock



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Non-Fiction - Womens

176 Pages

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## Book Review

**Reviewed by Emma Megan for Readers' Favorite**

*Creatrix Rising: Unlocking the Power of Midlife Women* by Stephanie Raffelock is a short, powerful read that shows through real inspirational stories about special women why we should view the aging process as an asset and not as something repulsive. From this book, you'll learn about an archetypal model created by a man supposed to represent the summation of a woman's life: maiden/mother/crone. But because Stephanie Raffelock believes (like all women do) that crone doesn't define midlife women at all, she wrote this book to open our eyes and see how midlife women embrace and celebrate the creativity, maturity, and wisdom that only come with age. Stephanie eliminates the myth of insignificance around older women by introducing a new word that defines midlife women more accurately; the *Creatrix*.

*Creatrix Rising* by Stephanie Raffelock is a tribute to older women who emerged into the most creative phase of their lives with grace. This beautiful work deserves to be read by women of all ages because it shows that their potential to create, lead, inspire, and reinvent themselves to become whatever they want does not stop at fifty or sixty or any age. Stephanie did a great job of teaching midlife women to embrace the aging process. In this book, she presents the upside of menopause and encourages all women to live their lives on their own terms. Stephanie exposes her vulnerability and insecurities and talks about the darkest moments of her early life. As a result, *Creatrix Rising* is overall a great act of courage on the author's part. I highly recommend it because I agree that men can no longer define women.