



# Wisdom from the Middle Ages for Middle-aged Women

Lisa B. Hamilton

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## Wisdom from the Middle Ages for Middle-aged Women

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Wisdom from the Middle Ages for Middle-aged Women Lisa B. Hamilton Medieval mystics have much wisdom to offer contemporary middle-aged

women grappling with empty nests, evolving careers and

relationships, spiritual growth, and physical issues. Mechthild,

for example, began her writing career at the age of fifty. And Julian,

referring to Christ as "our kind mother, our gracious mother,"

has a vision of Christ allowing us to make mistakes, a helpful

image for women mothering nearly adult children. Each chapter

focuses on a topic of interest to modern middle-aged women.

Useful for individuals and groups.



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