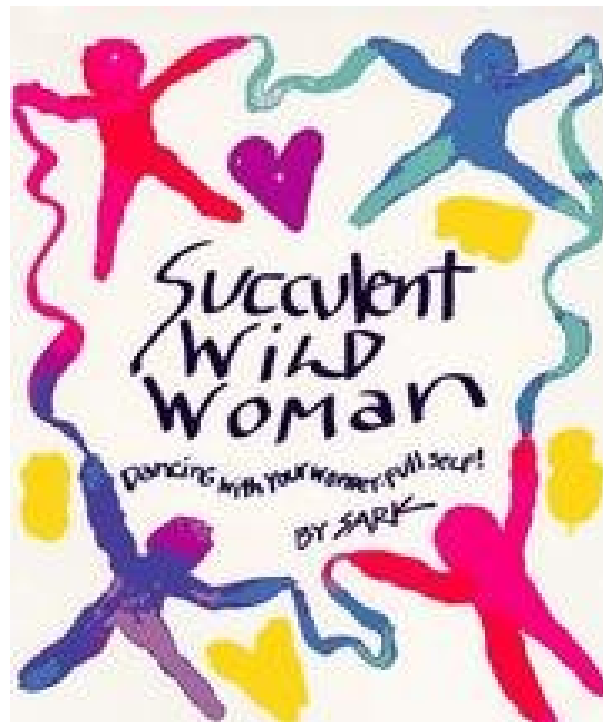
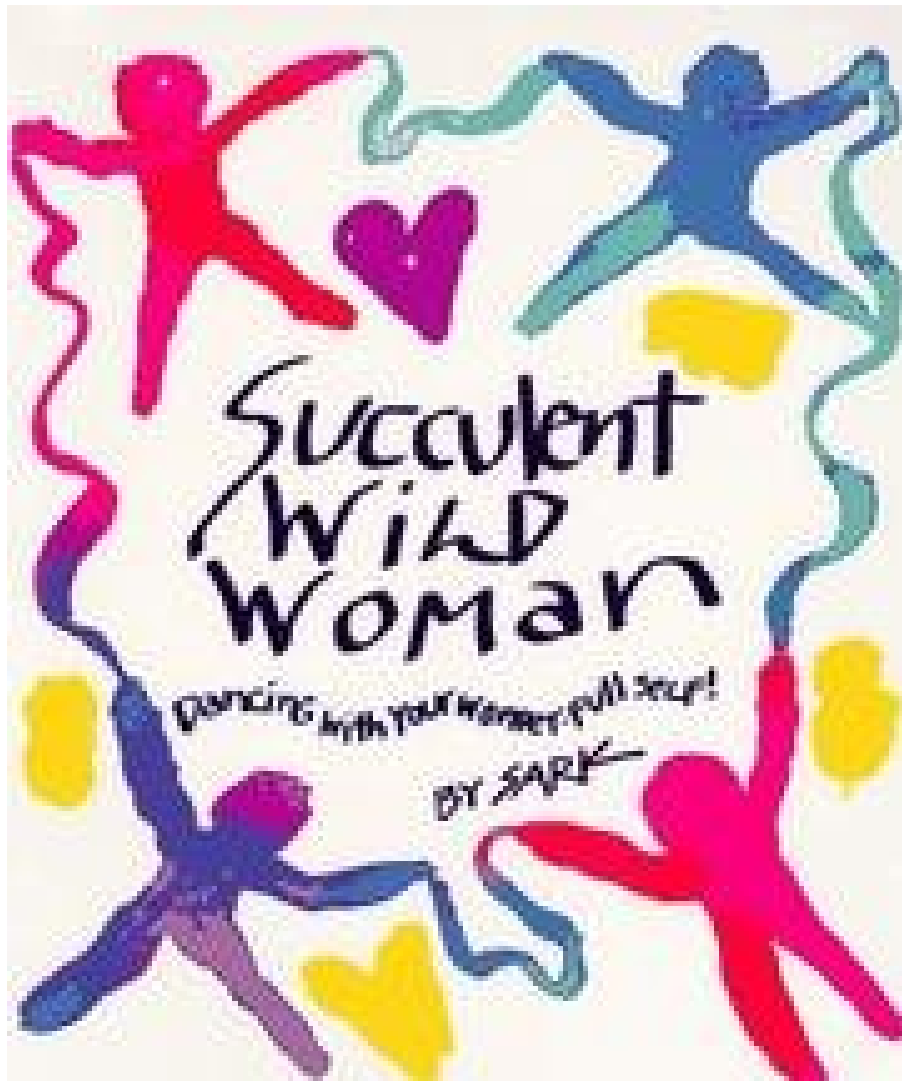


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Re-examining and Rejoicing Our Femininity

By perla

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!

16 of 16 people found the following review helpful.

the best of SARK's books

By Shannon

I hadn't thought about this book for a while, but in going back to some old thoughts I began to ponder it again.

SARK peaked with this book. It seemed to me to be the fullest, most open of her books. Other readers have dismissed it as too fluffy or overly "look-on-the-bright-side", but sometimes we need those things (and it isn't always true of this book; read on). SARK even says that she is not always a positive person, though because of her books and her public demeanor people tend to think that it must be easy for her.

On the surface the book looks rather simple: bright colors, little drawings. It's relaxing to look at and generally invokes a positive vibe.

However, upon investigating deeper the reader learns of some of SARK's past: sexual abuse by an older brother, various addictions and such. I've seen some reviews that say that the readers felt uncomfortable about purchasing the book after seeing the incest and abuse parts. Unfortunately, these forms of abuse are a very real (and sad) fact of life for many people; I am lucky that I have never experienced this, but I know people that have, and yes, it is ugly and uncomfortable. If we ignore it, or in this case throw out the book because there are uncomfortable issues in it, that cycle will all the more easily continue. This aspect of the book helps SARK to iterate that her life hasn't been all about rainbows and eating mangoes naked. People **should** feel an emotional response to this part, but it should be anger (for her sake, not at her) rather than discomfort.

It's somewhat difficult to reconcile the two images of SARK -- her darker past and her current, seemingly better-adjusted self -- but it is a sign that even someone with such issues can get out of that state.

SARK also delves into her imperfections, and it can be a little intense to see all the therapies that she has partaken in; this again emphasizes that she is not perfect and that life is not easy, though it does come across as a little obsessive at times.

A definite plus is her encouragement for women to further flower in their own femininity. This can inspire those who are repressed, depressed, confused, in a slump or just need to remember. I also don't think that this book is restricted to women only; there is plenty of information that can apply to men too, and can also help them to realize some of the issues that women face and ways that they can respond. I do tend to think though that many men would feel rather self-conscious carrying around this book, which does have a distinct female flair. I applaud those who are strong enough in themselves that they can move beyond this feeling and read the book anyway.

In addition to the printed book, I used to have the audio cassette version, which in some ways was even more fulfilling, as you get to hear her speak the actual lines, as well as some improvisational expansion. I wish that it was out on CD.

I must say, I was amazed that I was so receptive to SARK's sometimes gregariously positive messages, since I am a pretty cynical person. Some of her suggestions for being "succulent" are a little too New Age for my taste, but I incorporated a few of her ideas when I was at a bad spot and they did help me. I would suggest that the reader pick what personally feels best and blend it with their own beliefs, traditions or meditations.

Could I subsist on a constant diet of SARK? No. But in many ways this book is a nice little vacation from a lot of the aspects of daily reality. I'm disappointed that her more recent books didn't feel as lush and often seemed hurried or **too** lightweight ("Change Your Life Without Getting Out of Bed" in particular). I drifted off from SARK for a while and thus haven't read her most recent book ("Make Your Creative Dreams Real"), which looks more calculatedly self-help-y, and I probably won't. Among the books of the SARK

oeuvre, "Succulent Wild Woman" is the one to come back to. Enjoy it.

8 of 8 people found the following review helpful.

Amazing to get permission to be free...

By Julie

This was one of the first books I was introduced to when I was looking for a change in my life. I was looking for purpose and freedom. This book delivered...not only in the content but in the experience of the book. The book is written like a diary and I was blown away by the way it all unfolded. I came away with a new direction and a vision for my life. Get the book...sit on your patio...drink something wonderful and relax and read. This is an amazing find.

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