



## Endorsements

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### *OPENING THE KIMONO*

*A Woman's Intimate Journey Through Life's Biggest Challenges*

Written by Theresa Rose (theresa@theresarose.net, 941.755.4600)

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“Witty and wisecracking, Theresa Rose is blissfully imperfect and doesn’t care who knows it! The groovy girl’s guide for living a savvy, sexy and spiritual life.” – **Diane Saarinen**, *NewAgeJournal.com*

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“This book opens not only a kimono, but a potent lens to the female psyche going through climate change in the home, the world, and beyond. In these pages, men will finally understand women, and women will come to understand our trials, tribulations, and triumphs in the poignant truths of everyday life. Theresa Rose outs us all.” – **Anodea Judith**, author of *Wheels of Life* and *Waking the Global Heart*

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“This book is truly a gift that keeps giving. As I moved from page to page with great anticipation, I felt as if I was given vignettes of Theresa’s life and the gems she trusted to share with her readers. I uncovered a part of myself as I opened to her story.

The magic of a life lived without hiding takes great courage and commitment to be conscious and awake. Without judging her choices made in the past, Theresa gives us all permission to remember that the most spiritual act of all is self-acceptance. Thank you, Theresa Rose, for allowing the fragrance of your open heart to sweetly inspire and touch my life and many who will open the pages of this beautiful book.” – **Frannie Hoffman**, author of *From Modeling Clothes to Modeling Self*

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“Reading *Opening the Kimono* was like coming up for air after an aimless swim in a lifelong emotional pool. This book is CPR for the psyche. In mere chapters, author Theresa Rose breaks down complex issues that might have taken other writers volumes (and loads of esoteric mumbo-jumbo) to even begin to explore. Just as Betty Friedan tackled the “problem that has no name” in *The Feminine Mystique*, Rose offers a women’s Bible that is as groundbreaking for the new millennium as Friedan’s was for the ‘60s.

Rose helps debunk these centuries of programming that have left women unsure of who they are and uncomfortable with accepting who they might truly be. She asks why and she offers substantial why not’s. Her sense of humor and humility set her apart from the dime-a-dozen holier than thou spiritual authors that make it sound so easy when it’s really so damn hard.

I needed this book. I needed to view myself in this book. I needed to relive my life through this book. I saw my own missteps in Rose’s experiences that were conveyed with such a raw, funny and universal spirit. I never felt like a saint on a cloud was talking down to me. I felt like I was right in Rose’s arms the entire time.

After thousands of dollars spent on psychiatry sessions and perfect outfits that I thought time and time again might finally do the trick, I am so grateful to have stumbled upon this book. Let the dominoes start falling.” – **Abby Weingarten**, Features Correspondent, *Sarasota Herald-Tribune*

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