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An Interactive Guide to Self-Discovery for Women

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Abstract

This project is a translation of ideas I have encountered in my Womens Studies. With this interactive book, I offer a concise, understandable method for self-discovery from one feminist's perspective. The materials often set the reader up as the one with the issue or problem and call out the functioning systems of oppression as a stumbling block to circumvent them. With this project, I hope to shine light on the issues of gender discrimination, racism, classism, and heterosexism, and offer a path for understanding. There are three main theoretical contexts included in this context includes perspectives on language and the ways in which

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women's communication with themselves and with each other socialization and how it enforces norms of "appropriate" fem context is recent work in feminist spirituality and the possibility a spiritual self in direct relationship to a higher being. By narra in these three areas, and by offering resources and tools for fu this thesis will enable readers to understand that it is not they "self-help" but the society and culture in which they live.

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