



The Blackberry Tea Club: Women in Their Glory Years

By Barbara Herrick

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The Blackberry Tea Club: Women in Their Glory Years By Barbara Herrick

Mid-life crisis is not a crisis-it is a passage into joy. This was the essential truth discovered by the four women of a certain age, founding members of the Blackberry Tea Club, which began as late-night conversations while sipping blackberry tea with a little kick added. Those conversations about children, men, jobs, weight, clothes, food, travel, gossip, politics, medicine, healing, spirituality, adventure, and books grew slowly, beautifully into the Blackberry Tea Club and the discovery of the Glory Years.

The Blackberry Tea Club weaves together essays, stories, and poetry, celebrating mid-life in all its silliness, sorrow, and glory. Bottom line: middle age is much more than menopause. These are the Glory Years for women, years that bring about the expansion and reorganizing of the mind, heart, and spirit, and the birthing of a larger self of immense compassion, intellect, will, spirit, love, and capability.

Divided into five parts, each one explores different themes:

- * Seeing mid-life crisis as an adamant search for joy
- * Discovering opportunities for women to appreciate their bodies
- * Exploring multiple facets of love
- * Letting go of the bad stuff to relish "what light there is"

The Blackberry Tea Club offers stories of adventure, food, spirit, and the community of women in their Glory Years.

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The Blackberry Tea Club: Women in Their Glory Years By Barbara Herrick Bibliography

- Sales Rank: #239473 in Books
- Brand: Brand: Conari Press
- Published on: 2004-09-15
- Released on: 2004-09-15
- Original language: English
- Number of items: 1
- Dimensions: 8.46" h x .57" w x 5.62" l, .47 pounds
- Binding: Paperback
- 162 pages

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Editorial Review

From Publishers Weekly

Standing before a mirror assessing her bare bottom and thighs (which resemble "oatmeal to a remarkable degree"), her round belly and sagging breasts (which, "propped up and corralled," provide cleavage), 52-year-old Herrick eyes her reproduction of the Venus of Willendorf. "Thirty thousand years ago, holy women looked the way I do now," she thinks. "I finally have the body of a goddess." It's this blend of humor and candor that makes Herrick's meditations a delight. Simple and straightforward, it will resonate with women who prefer to see the inevitable emotional upheaval that accompanies aging as "a spiritual passage" rather than a midlife crisis. A former hospital administrator (and author of two books about Idaho), Herrick has plenty of wisdom to share, some learned from her own bumpy past, some honed over blackberry tea spiked with Amaretto and Grand Marnier with a group of female friends. Herrick tends to break into New Age jargon, and readers looking for more depth may be frustrated by her glossing over significant passages in her life: she covers her painful decision not to have children and her struggle to overcome anxiety and depression in a matter of paragraphs, providing fleeting glimpses into material that could easily fill another volume. Perhaps she'll win enough fans with this effort to convince her to dig deeper for a sequel.

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About the Author

Barbara Herrick is a freelance writer, whose other work includes the narrative non-fiction book *The Blackberry Tea Club*, from which the text for this four-color gift book is excerpted, plus two books on Boise, Idaho, and numerous stories and poems. She's a founding member of The Blackberry Tea Club, women who get together intermittently for adventures, talk, and more. She lives in Boise, ID.

Users Review

From reader reviews:

Evelyn Rodrigue:

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