



Book Review of: *Sophia and the Seven Goddesses*

Authors: *Ilene Satala and Beverly Danusis*

I sent this book, *Sophia and the Seven Goddesses*, to one of my granddaughter's who lives in North Carolina. When she telephoned to thank me for the book, she said excitedly that she sat down right away, as soon as she opened the package and read the first couple of chapters. She said, "Grandma, Sophia is just like me! She has a purple cell phone with rhinestones on it, and that is just exactly what I would choose!" They are alike in other ways as well. My granddaughter is a young teenager—she is at that age when most of us begin to feel uncomfortable with the size and shape of our own bodies. And it doesn't seem to matter that to those who love us, we are beautiful exactly as we are. We nevertheless, seem to take on various levels of criticism about our

own bodies and many of us never overcome those self-critical thoughts and feelings.

In this beautiful and tender story, we take a journey with Sophia as she travels with her grandparents, both of whom are archeologists, to an exciting dig in Greece. There, they discover an ancient temple containing the statues of Goddesses. Sophia, along with her new friend, Tena, are completely involved in the dig as well. They discover through the guidance of their own dreams, the hidden parts of a final statue that completes the temple and brings Wisdom back into the world.

During the process of discovering the hidden parts of the missing statue, the two girls learn to open their hearts and change the feelings about the parts of their bodies from criticism to acceptance and appreciation. As the Goddesses come to life, the girls are given their individual qualities. From Athena, they receive the quality of "Leadership," Demeter gives them "Generosity," Persephone bestows them with "Intuition," Artemis gives them "Independence," from Aphrodite they receive "Creativity," from Hestia, "Centeredness," from Hera, "Friendship," and from Sophia they receive the quality of "Wisdom."

After reading this book myself, I have come to believe that if every girl and woman could read this book, the "culture of self-criticism" that is endemic in our society could change. We could create instead, a "culture of self-acceptance and appreciation" concerning our own bodies. As I read this book that is exactly what happened inside of me—it was literally a transformational experience. Read this book, take the journey with young Sophia, and let your own thoughts and feelings about your body be filled with appreciation!

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