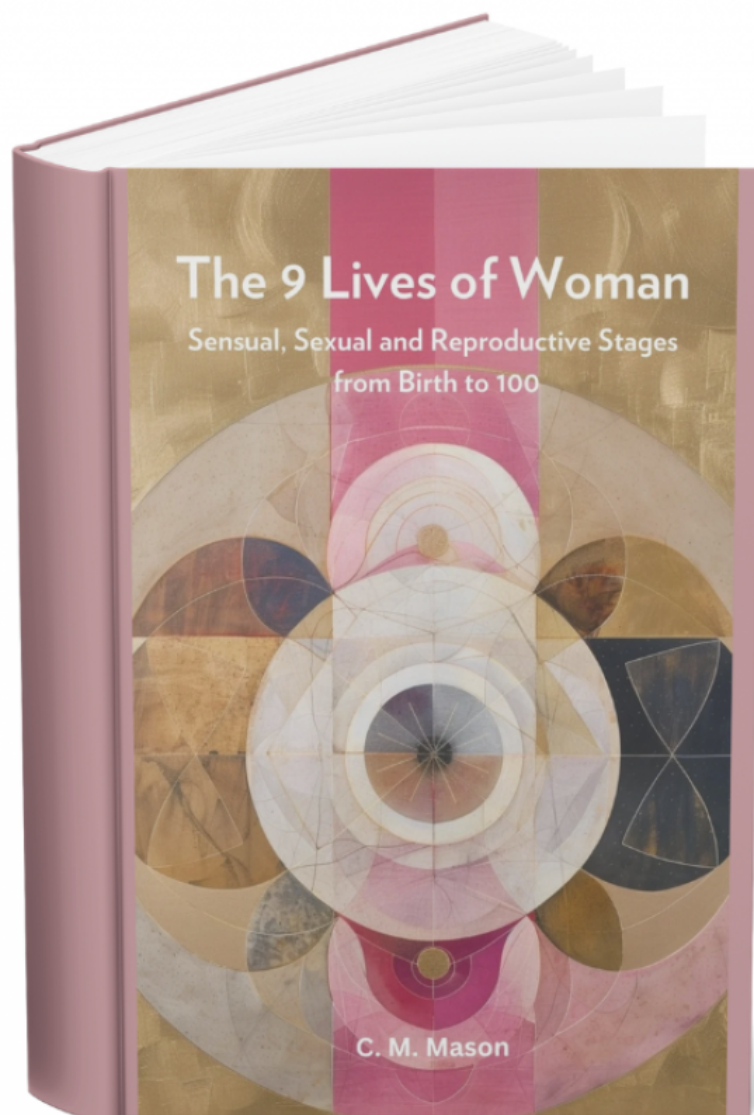


# New Book Reimagines the Female Lifecycle for a New Era

The Nine Lives of Woman: Sensual, Sexual & Reproductive Stages from Birth to 100



**Mill Valley, California Apr 1, 2025 ([Issuewire.com](https://www.issuewire.com))** - In a time when technology, longevity, and cultural shifts are redefining how women live and age, author and [Rosebud Woman](#) founder Christine Marie Mason offers a transformative vision of womanhood.

Her new book, [The Nine Lives of Woman](#), is a science-backed, lyrical guide to the sensual, sexual, and reproductive stages of a woman's life—from birth to elderhood. Blending storytelling, historical insight, and embodied wisdom, Mason challenges outdated narratives and restores reverence to every phase of a woman's journey.

"We are living longer, becoming mothers later, and reinventing ourselves more than ever before. This book helps us update the data stream," says [Mason](#).

Organized into nine phases—Foundation, Awakening, Sovereignty, Matrescence, Segue, Metamorphosis, The Free Period, The Glide, and Resolution—the book invites readers into a deeper understanding of their bodies, emotions, relationships, and purpose.

This is a must-read for:

- Women navigating any life stage
- Readers tracking the substantive changes in human culture brought on by technology
- Parents, educators, and care providers
- Readers interested in empowerment, embodiment, and whole-person wellness

Whether you're 15 or 85, [The Nine Lives of Woman](#) will reframe how you see life in a body—whether that is for yourself or the women around you.

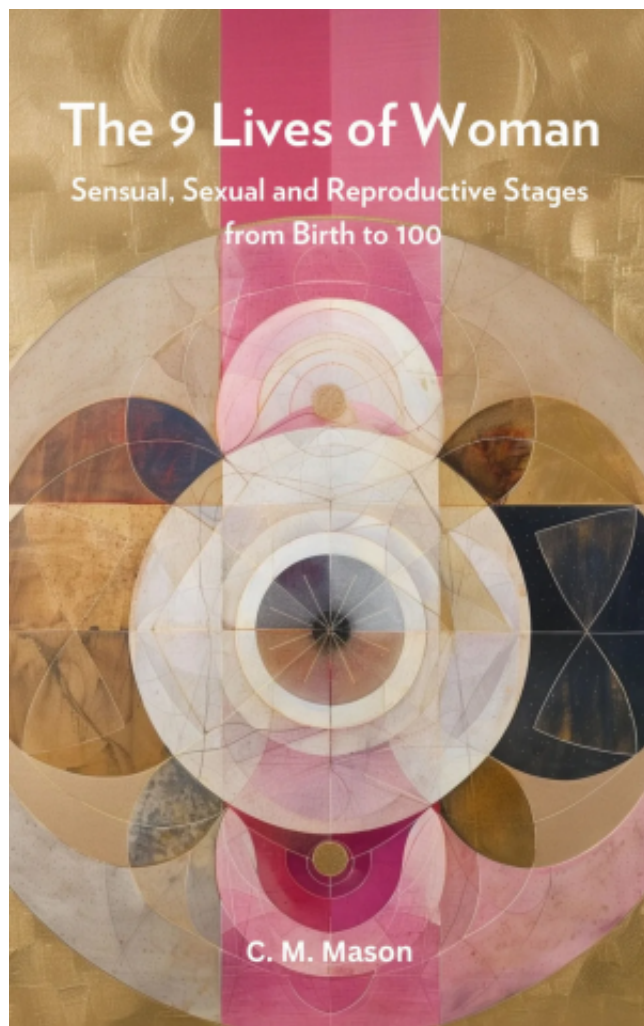
About the Author: [Christine Marie Mason](#) the founder of Rosebud Woman, a leader in intimate and whole-body care. She hosts The Rose Woman Podcast and is a lifelong seeker of spiritual embodiment and social healing. She speaks globally on wellness, feminine leadership, and sacred sexuality. BA, MA, Phd (in process). The Nine Lives of Woman is her eighth book.

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ISBN: 979-8-218-64377-5

382 pages | Softcover | 6x9 | Published by Moonglow, Inc.





## Media Contact

Geneva Tolentino

\*\*\*\*\*@rosewoman.com

Source : Rosebud Woman

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