

V O M A N

A WOMAN'S
MIND HALF
NAKED

Jennifer Ann Gordon

Revised Edition





A Woman's Mind Half Naked: Revised Edition is comfort food for the hungry heart. Inspiration, humor and epiphanies straight from Jennifer Ann Gordon's own experience, the book is deceptively simple and ultimately profound. Gordon's book is designed to help women move forward with more confidence, joy, and gratitude. It tells the story of 'everywoman' and is perfect for the busy woman who, opening it at random, can find refreshment in a few minutes.

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HALF NAKED

REVISED EDITION

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I Love You

Welcome to my heart's village! I want to hear your story, to hold you in my arms, to listen to you without judgment. I want us to laugh and cry together. I want to feel hope with you. It doesn't matter who you are or where you live, what your job title is or what lies in your past. We are connected. I care that you are well and have what you need. I care that you feel your value and importance in this family we call humanity.

Writing to you is a fun camping trip. A solitary trek inward. A chuckle. A hard cry. An opera. A fabulous meal in a French café. Lavender honey right from the comb. Standing barefoot on a packed dirt floor. Dancing with abandon. More than anything else, writing to you is my hug filled with hope for our journey together.

Affectionately,

A handwritten signature in black ink, appearing to be 'jnr', written in a cursive style with a long, sweeping tail that extends to the right.

Live Sexy

I have friends who own an organic lavender farm. They distill their own essential oils and create natural beauty and aromatherapy products from their harvests. Yiannis and Karen are bounty, boldness, harvest and celebration...and fragrant, gorgeous living. Some of my sexiest life experiences to date have been with these two on their estate.

Yiannis chose the property because it was so much like his homeland in Sparta, Greece. He and Karen created their dream. Old olive trees line the winding way up to their house. An organic heirloom tomato garden. An organic vineyard with antique roses growing at the end of each row. A huge vegetable garden. Greek wine. Lavender crème brûlée. Lavender barbecued salmon. Laughter. Fountains. Over nine thousand lavender plants. Grapes plucked from the vine, juice running down chins and arms. Tomatoes warmed by the sun, eaten right there in the garden. Sigh.

One summer afternoon, Yiannis and I walked along the rows of lavender. I was wearing minimal summer clothing and could feel the sun bathing my shoulders, and caressing the back of my neck and legs. I told Yiannis that I would like to lie down in between the rows of lavender and be still, to just listen. He understood completely and left.

There were thousands, no, millions of bees of all shapes, sizes and frequencies buzzing around the lavender blossoms. I lay down. Looking up through the lavender plants, I listened to this Symphony of Bees. I didn't think at all. The fragrance, music, sunshine, bees and me! Something clicked. Live life sexy! Enjoy! Pay attention!

Crunch

Life needs crunch. Life without crunch is like crème brûlée without the crunchy thin layer of burnt sugar on top. While the crème is good, it needs that delicious crunch of the brûlée to be a fabulous dessert.

Crunch is simple. Crunch is definitive. No one can undo a crunch. Crunch is the result of some action. Maximum crunch needs ordinary moments to be fully appreciated.

My life is crunchy. Just the way I like it. I fill my *everyday* with crunches of all sorts.

My favorite crunch is the rhythmic crunch of snowshoes mingled with breathing at high altitude. It's the perfect percussion. Crunch-inhale-crunch-inhale-crunch. Warm breath hitting cold air. Little clouds that hang in front of my face for just a moment.



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