



From Girl to Goddess: The Heroine's Journey through Myth and Legend

Valerie Estelle Frankel

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From Girl to Goddess: The Heroine's Journey through Myth and Legend Valerie Estelle Frankel Many are familiar with Joseph Campbell's theory of the hero's journey, the idea that every man from Moses to Hercules grows to adulthood while battling his alter-ego. This book explores the universal heroine's journey as she quests through world myth. Numerous stories from cultures as varied as Chile and Vietnam reveal heroines who battle for safety and identity, thereby upsetting popular notions of the passive, gentle heroine. Only after she has defeated her dark side and reintegrated can the heroine become the bestower of wisdom, the protecting queen and arch-crone.



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