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### **REVIEW OF AFRICAN HOLISTIC HEALTH PDF LLAILA O AFRIKA**

- Isadora Wing, the ever-fearful, paranoid, and sexual heroine of FEAR OF FLYING, is a woman all women either know or recognise part of her in themselves. While at a psychiatrists conference with her husband, Isadora engages in an affair with another

psychiatrist which eventually leads to her ability to liberate herself. The bubble gum category that seems to be sprawling through bookstores these days is "chic lit." This rather vacuous literature has nothing on Jong's amazing style and candid method of writing. Jong's heroine is well read, educated and a true writer: scattered, mentally tortured and non-committal, yet very likeable. As we read the adventures of Isadora we can see a once weak woman begin to discover herself. This book is both empowering, entertaining and well-written....And that is 30 years after its

publication date!

- In all fairness, I wasn't able to finish this novel. The author seems to have a singular obsession with things sexual to the exclusion of most of the important characteristics of a good story. If you like the theme of a woman's sexual liberation, read Chopin's *The Awakening* or Lawrence's *Lady Chatterley's Lover* instead. (Besides, the sex is much better in *LCL*.) In addition to tackling this controversial subject, these books are masterfully written and classics for all time.