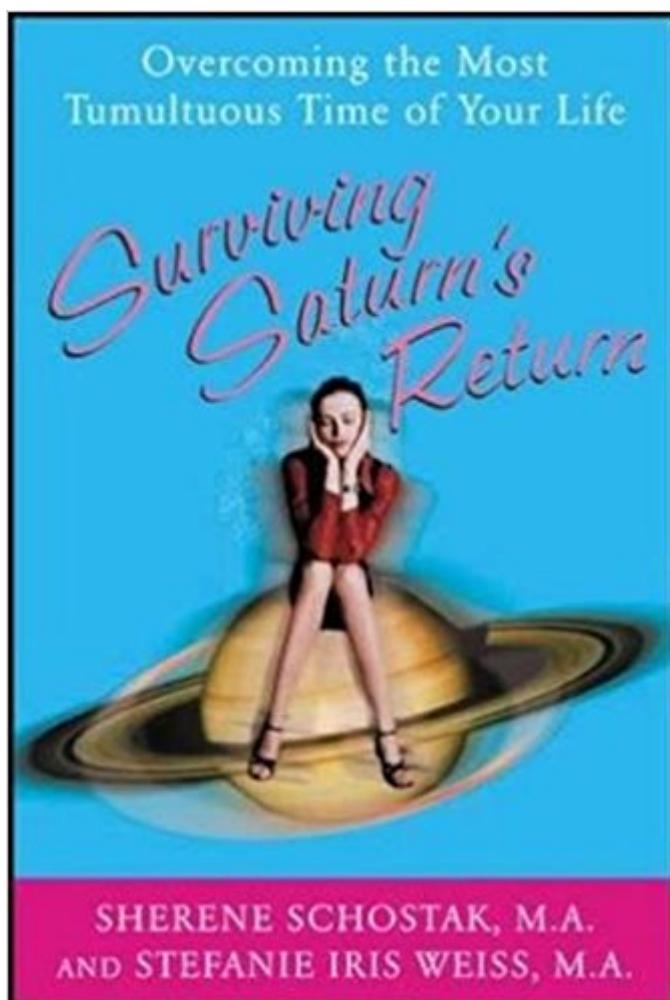


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# Surviving Saturn's Return: Overcoming The Most Tumultuous Time Of Your Life



## Synopsis

For the first time, psychological strategies for surviving the astrological fallout of turning the big 3-0! Many young women approach their 30th birthdays with anxiety. They suddenly notice every tiny wrinkle, question the speed of their corporate ladder climb, or suffer from a biological clock that rivals Big Ben. Is it vanity, fear of aging, early midlife crisis, or insanity? It's actually the result of what astrologers call the "Saturn Return," a phenomenon occurring every 28 years, when Saturn completes its cycle through an individual's birth chart. At this crucial juncture, women often experience a crisis of self, unexplained chaotic feelings, or the uncertainty of personal and professional crossroads. In *Surviving Saturn's Return*, the first book to explore the subject, the authors combine their psychological and astrological expertise to demystify this cosmic source of strife and offer self-help strategies for surviving, even thriving, during this "quarterlife" crisis. In a fun, friendly, and reassuring tone, they explain how to deal with everything from the father complex to money to marriage to maturing confidently into adulthood.

## Book Information

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## Customer Reviews

The definitive guide to turning thirty . . . Women approaching the big 3-0 have a powerful force to contend with. The panic of this age is universal • wrinkles inexorably appear, careers and relationships crash like out-of-control aircraft, and the biological clock is ticking louder than ever. This phenomenon is the Saturn Return, the first major milestone of adulthood. *Surviving*

Saturnâ™s Return is just what you need to survive this profound, provocative, and sometimes chaotic journey. Sherene Schostak and Stefanie Iris Weiss combine their psychological and astrological expertise to teach you: Where Saturn lives in your own personal chartâ• and where itâ™s headed next The twelve most important lessons including how to discover your true self, when to form a plan for your future, and how to cope with relationship trauma How Saturn affects career, money, love, friendship, self-esteem, and fulfillment and how to work with Saturnâ™s messages to improve these areas in your life And more, including real-life stories culled from dozens of women before, during, and after their Saturn Returns Surviving Saturnâ™s Return is the first book of its kind to answer the earth-shattering questions that arise at this quarter-life crisis. Whether youâ™re about to turn thirty or have already crossed the threshold, this book is a life raft in the sometimes-stormy sea of aging. Stefanie Iris Weiss, M.A., is a New York City-based writer, an adjunct professor of writing and gender studies, and a professional astrologer. She is the author of five self-help books for young adults. Sherene Schostak, M.A., is a New York City-based psychotherapist and professional astrologer, and the creator of Zodiac Dance: The Work-Out DVD. For more information and individualized charts, visit the authors' website: [www.saturnreturn.net](http://www.saturnreturn.net)

"Fun, funky ... an addicting read for any astrology junkie [that] packs a wallop for anyone approaching her 30th birthday." --Bust magazine âœSaturn Returns! Sherene and Stefanie bring a contemporary view of the "coming of age" issues that young women around the age twenty-nine and a half encounter. Focusing on common experiences that arise during the rite-of-passage into full adulthood, this book offers a glimpse into those challenges - with humor and in plain language.â•â " Erin Sullivan, author of *Saturn in Transit*

Sherene Schostak, M.A. is a psychotherapist and professional astrologer. Stefanie Iris Weiss, M.A. is a professor of writing and a professional astrologer.

Incredibly helpful and thoughtful. This time period is wrought with fire. My chapter was spot on.

I like it very much, however, it focused more in the first Saturn and not in the Returning of Saturn, I was hoping that it would discuss a bit more regarding the Return of Second Saturn, but it was an excellent book. Thank you

GREAT book!!

I found it a little laborious to read but information is very complete. Needs to be more beginner astrologer friendly.

Very interesting, could explain a lot of things. Coincidence? I'm not quite sure but it's worth reading if you're into astrology. It did get boring before you get to read about your sign placement in Saturn but the sign description was interesting and in my case right on. Got boring after that and was hard to keep my attention. Still worth a look if you're around the age of 30, looking for some possible explanations for the difficult times you may be encountering, and if you're at least intrigued by astrology.

Is like the stupidest thing ever. and the sad thing is I have to write five more words to subm

First of all, a bit of a disclaimer. I've been studying astrology for almost 25 years, and by "studying" I mean actually taking courses and practicing it, not just buying books and being self-taught. In that time, I've had to sift through hundreds of bad astrology books, in order to find (and keep) the few dozens that are actual important astrology tools. That said, it's no wonder that most of the people in the scientific community, and most skeptics in general, laugh at astrology to this day, afterall, unlike medicine or law (which have their bad practitioners, nonetheless), astrologers don't need a license to practice, let alone to write books on the matter, and books like this are the kind that feeds the bad image of astrology. By my rating, and the above two paragraphs, you've probably guessed where this is going, but this wouldn't be a review if I just stated this is bad book and left it at that, so allow me to elaborate. The most staggering problem is that the authors make little to no distinction between "planet", "house" or "sign". Like most (if not all) sun-sign astrologers (aka: pseudo-astrologers), they simply assume it's all variations of the same theme. Well, they're not. As any (proper) professional astrologer will tell you, planets represent the "what", signs represent the "how", and houses represent the "where". Now observe this quote from this book's first chapter ("Persona") on Saturn in Aries and the First House (yes, it's all treated as the same thing): QUOTE --- "The energy of Saturn and the energy of Aries are really at odds with one another. Saturn tells you to sit down and calculate, to measure, to take it slow. Aries tells you to charge off into the wilderness, screaming all of your desires to the wind, or to anyone within listening distance." If you haven't spotted the problem, let me try to help. To use an analogy with language and grammar, imagine planets are "nouns" (the "what") and signs are "adjectives" and "verbs" (the "how"). Well, the above quote would be similar to describing a "wooden chair" like this: "the Chair is there for you

to sit down and calculate while the Wooden is there for you to run and scream."See how awkward that sounds? That's how most of this book sounds to a trained astrologer.Every section of the book literally combines House placement and Sign placement. This is an extreme mistake in any form of astrological work. To give you an example, if Saturn is placed in the 7th house, it affects your way to deal with others, but it's completely different if it's in Libra (the "how"), where one should look for themes of sharing and social issues, or in Scorpio, where themes of manipulation and deep psychological issues are more likely candidates.Keep in mind this is "astrology 101". Absolutely no one (not even an amateur, let alone a "professional") can begin to make a decent interpretation, even in basic terms, if they don't know what the items on a chart represent, yet, the authors are clearly clueless of this. Then again, they are aware of their lack of accuracy, as can be seen by their preemptive defense on page 21:QUOTE --- "You might relate to some sections as if we snuck into your brain and stole your story. On the other hand, some sections could feel a little foreign. That's the big Saturn caveat. (It's the caveat for all astrology, actually.) Don't get mad at us if it's not all absolutely, unequivocally, true. Some stuff will be foreign, and some will be freakishly familiar".As skeptics (or anti-astrology fanatics) would say, "it's guesswork, then".Anyway, the second issue with this book is the authors apparent feminist agenda. Don't get me wrong, rational feminism can be a great empowering thing, in the right forums, but extreme feminism is a form of sexism against men and, frankly, it's just uncalled for in a book of this nature. The authors openly admit the book is aimed at women because they "believe" women experience things differently. Even if that was true, it's no reason to ignore the effects of Saturn on a man's chart, now is it? Don't the women who buy this book have sons, a father, a husband/boyfriend, a brother, or male friends? Think about it.The truth is, though, if the authors had studied astrology properly they'd know that everyone has both "male" and "female" characteristics. Look at your chart. See that Moon and that Venus? That's your feminine side, even if you were born as a male. See that Sun and that Mars? That's your masculine side, even if you were born a woman. There are cultural, social and, of course, genetic reasons why we gravitate towards certain archetypical roles, but studying any form of social science (at university level, mind you) and several years of practicing astrology will show you how "feminine" some men are, or how "masculine" some women are. Think "Kim Petras" next time you discuss human gender experiences.Another issue with this book is that, despite the title, most of its content is about Saturn in general, rather than the event of Saturn's Return as one would expect. The authors try to convince the reader that they're doing something unique with this book, but they never deliver. In fact, you might as well get a book on astrological aspects - for instance, Robert Hand's "Planets in Transit" - where you can combine the information of Saturn Conjunct Saturn (basically, the definition

of a Solar Return), as well as all other Saturn aspects (for a view of the whole cycle) with the paragraphs on Saturn in House and so on. There are other minor niggles with the book, but they pale in comparison, and I don't want to make this review any longer than it already is. Suffice to say this book is a disappointment to anyone who takes astrology seriously. You're not missing out by giving this one a pass.

This book was heaven sent- I'm just approaching my Saturn return and I can already feel the earth moving under my feet- this book was INCREDIBLY ACCURATE in describing what I'm experiencing. It was wonderful to have confirmation that what I'm going through is "according to plan" and I'm not actually going insane (yet) ;), and have some guidance along the way. It will be a great resource for the duration of my Return, and as Saturn continues to transit afterwards. Excellent book.

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