
Interview & Story Angles

Awakening the Wild Feminine

What Women Are Never Taught

Why are women taught so little about the transitions they will experience throughout life? Gerris explores how greater awareness of the Maiden, Mother, Queen, and Crone phases can help women understand these passages before they simply find themselves in the middle of them.

Beyond the Culture of Eternal Youth

What becomes possible when women stop fearing their own ripening and begin to recognize what each new phase has to offer? Gerris explores how meeting each season of life with awareness frees women from the pressure to preserve who they once were.

A Practical Map for Life's Transitions

How can a woman recognize where she is in life and what this phase is asking of her? Gerris offers a practical framework based on nature's four seasons, supported by reflective writing, meditations, rituals, and nature-based practices that women can apply in their own lives.

What Nearly Two Decades of Observing Women's Lives Revealed

After nearly two decades of observing the patterns in women's lives and building a following of more than 3 million, what did Gerris begin to see beneath their seemingly different stories? She shares the personal turning point that led her to shape those insights into the four-season framework at the heart of *Awakening the Wild Feminine*.
