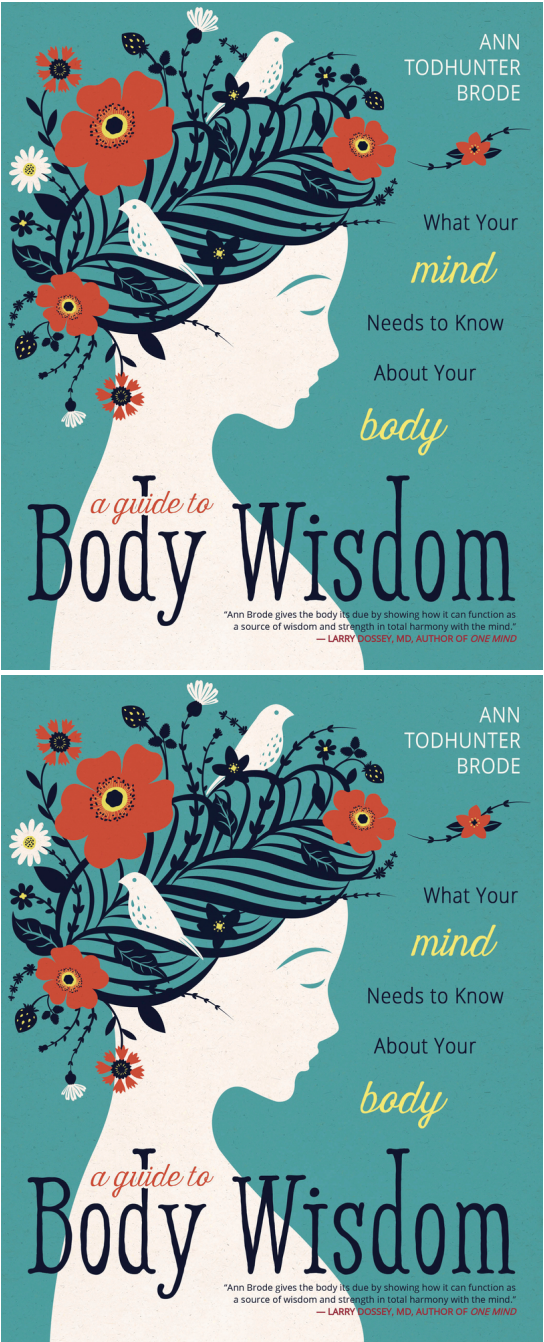


A Guide To Body Wisdom - Ann Todhunter Brode



Your Body is Listening. Are You?

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$23.99

Sales price without tax \$23.99

Tax amount

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Description

Deepen your spirituality, heal old wounds, and enhance your emotional and physical wellness by engaging in a conversation with your body. This innovative, down-to-earth guide teaches you how to listen to, understand, and work with your body's innate wisdom in everyday living.

A Guide to Body Wisdom provides step-by-step instruction on how to create a personalized self-care regimen that works. You'll learn to quiet your mind and live consciously in your body through a variety of practices, including breathwork, mindful eating, meditation, affirmation, and positive habit building. Featuring simple exercises and techniques, as well as a Body IQ quiz, this valuable book helps you end negative thinking, develop intuition, improve relationships, boost creativity and personal power, and much more.

Reviews

There are yet no reviews for this product.