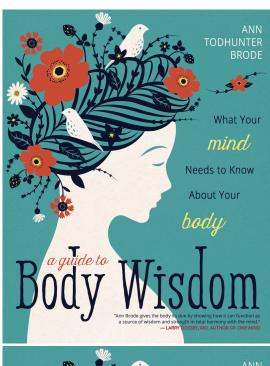
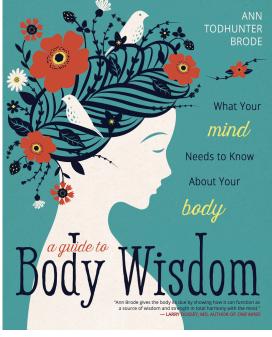
## A Guide To Body Wisdom - Ann Todhunter Brode





Your Body is Listening. Are You?

Rating: Not Rated Yet **Price** 

Salesprice with discount

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1 / 2

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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.