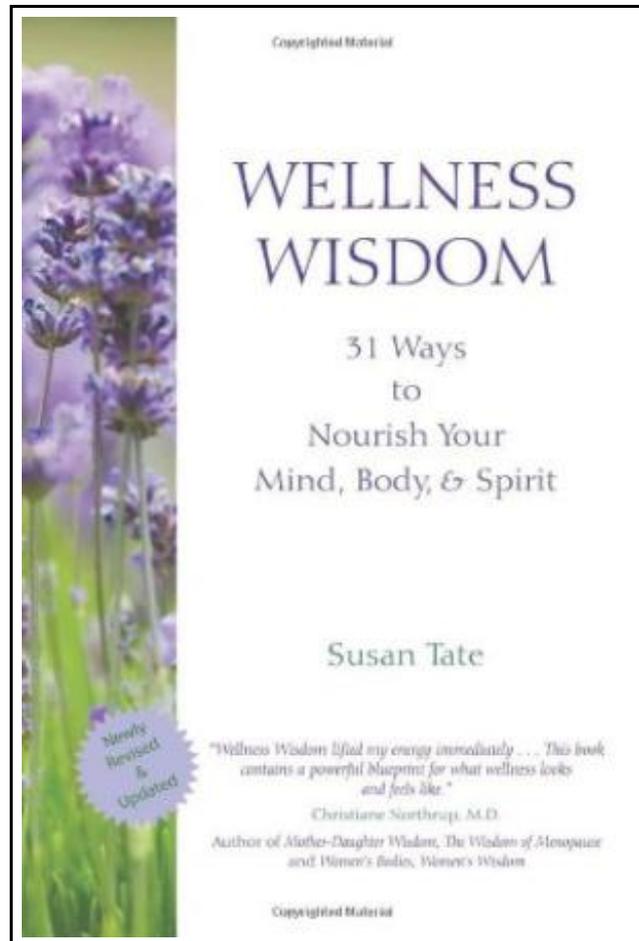


Wellness Wisdom: 31 Ways to Nourish Your Mind, Body, Spirit



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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.

(Alfreda Bradtke)

WELLNESS WISDOM: 31 WAYS TO NOURISH YOUR MIND, BODY, SPIRIT



iUniverse, United States, 2011. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. HEALTH FITNESS / HEALING Wellness Wisdom lifted my energy immediately . . . This book contains a powerful blueprint for what wellness looks and feels like. Christiane Northrup, M.D., author of Women s Bodies, Women s Wisdom, Mother-Daughter Wisdom, The Wisdom of Menopause, and The Secret Pleasures of Menopause Susan Tate is a joyful, enthusiastic, cosmic cheerleader for life, health, and consciousness. She has managed the almost impossible task of making transformational reading fun and inviting. Wellness Wisdom is a beautiful synthesis of timeless teachings for wellness on all levels-body, mind, heart, and soul. MARC DAVID, author of Nourishing Wisdom and The Slow Down Diet: Eating for Pleasure, Energy, Weight Loss As a healer, dancer, and body worker who teaches people to fall in love with their bodies and stay connected to sensation, Susan s words, advice, and insights give us tools for having a passionate and sensual relationship with the body. DEBBIE ROSAS, author of The Nia Technique: The High Powered Energizing Workout that Gives You a New Body and a New Life Susan Tate weaves stories, humor, wisdom, and science in this easily accessible guide to wellness. I love that it is organized into 31 delicious bites of wellness wisdom. This second edition takes the reader from inspiration to action-right into joyful wellness. DEBORAH KERN, Ph.D., author of Everyday Wellness for Women and co-author of Create the Body Your Soul Desires Susan opens the door for us to heal from the inside out. KAREN WOLFE, M.B.B.S., M.A., co-author of Create the Body Your Soul Desires With elegant simplicity, Wellness Wisdom provides a step-by-step guide to sustainable, joyful wellness. This updated edition combines the latest science-based and mind/body healing strategies to...



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