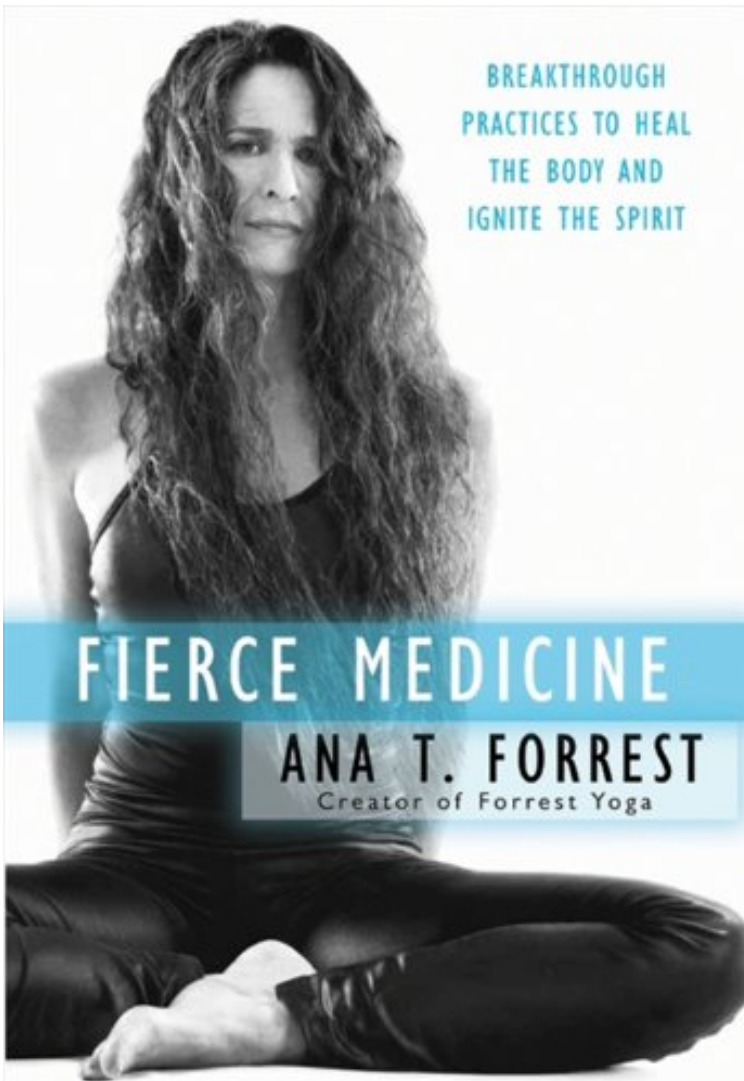


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Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit



Par Ana T. Forrest
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Par Ana T. Forrest : Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit before purchasing it in order to gage whether or not it would be worth my time, and all praised Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit:

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Description :

Prsentation de l'diteurIn Fierce Medicine, Ana Forrest, charismatic teacher and founder of Forrest Yoga, combines physical practice, eastern wisdom, and profound Native American ceremony to help heal everything from addictive behaviors and eating disorders to chronic pain and injury.Fierce Medicine is also part memoir, detailing Ana Forrest's journey to move beyond her past as she helps others to do the same.

Filled with helpful yoga exercises, Fierce Medicine teaches us to reconnect with our bodies, cultivate balance, and start living in harmony with our Spirits.Revue de presseAs a teacher, this is a book that I would certainly share with my students, but as a student myself, there is much in this book that will aid in my own growth and for that I am grateful. I highly recommend this book to all seekers on the path. (Seane Corn,

internationally acclaimed yoga teacher and founder of Off the Mat, Into the World) One of the most compelling, inspiring, and eloquent stories you will ever read. I absolutely could not put it down and I'm thrilled for all the other readers who will be captivated by Ana's storytelling and wisdom. (Martha Beck, bestselling author of Finding Your Own North Star) Fierce Medicine is a journey from the wounded to the healed soul using the grace and elegance of yoga as a guide. Ana Forrest has given us all the best of herself in this book. (Caroline Myss, author of Anatomy of the Spirit and Defying Gravity) Fierce Medicine is classic Ana Forrest: straight ahead life tales from one of the meteors of the modern yoga movement...laced with the intense focus of a Tiger seeking the freedom of the heart. (John Friend, Founder of Anusara yoga) Presentation de l'auteur In Fierce Medicine, Ana Forrest, charismatic teacher and founder of Forrest Yoga, combines physical practice, eastern wisdom, and profound Native American ceremony to help heal everything from addictive behaviors and eating disorders to chronic pain and injury. Fierce Medicine is also part memoir, detailing Ana Forrest's journey to move beyond her past as she helps others to do the same. Filled with helpful yoga exercises, Fierce Medicine teaches us to reconnect with our bodies, cultivate balance, and start living in harmony with our Spirits.