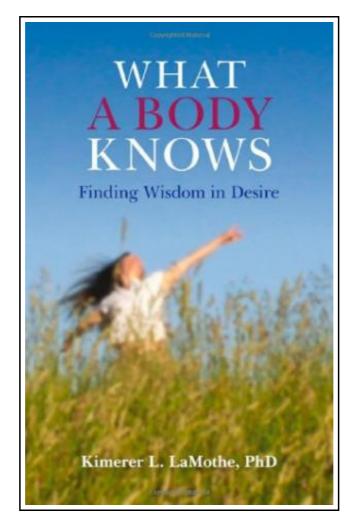
What a Body Knows: Finding Wisdom in Desire



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Reviews

A superior quality ebook and also the font used was interesting to read through. This is for all who statte there was not a well worth reading. I discovered this publication from my dad and i encouraged this pdf to learn.

(Felix Lehner Jr.)

WHAT A BODY KNOWS: FINDING WISDOM IN DESIRE



John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, What a Body Knows: Finding Wisdom in Desire, Kimerer L. Lamothe, When we blame desire for our dissatisfaction, we cut ourselves off from the best guidance we have for finding health and well being. There is wisdom in desire, though we have learned to ignore it. Trained to think and feel and act as if we were minds living in and over bodies, we tend to perceive our desires as unruly forces that we must control - or be controlled by. But our desires are us. They are what we are creating in the moment. When we learn to find and move with the wisdom they contain, we become who we can be, and unfold what we have to give. "What a Body Knows" illustrates how, in relation to three life-enabling desires - our desires for nourishment, physical intimacy and spiritual fulfillment. Food. Sex. Spirit.

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