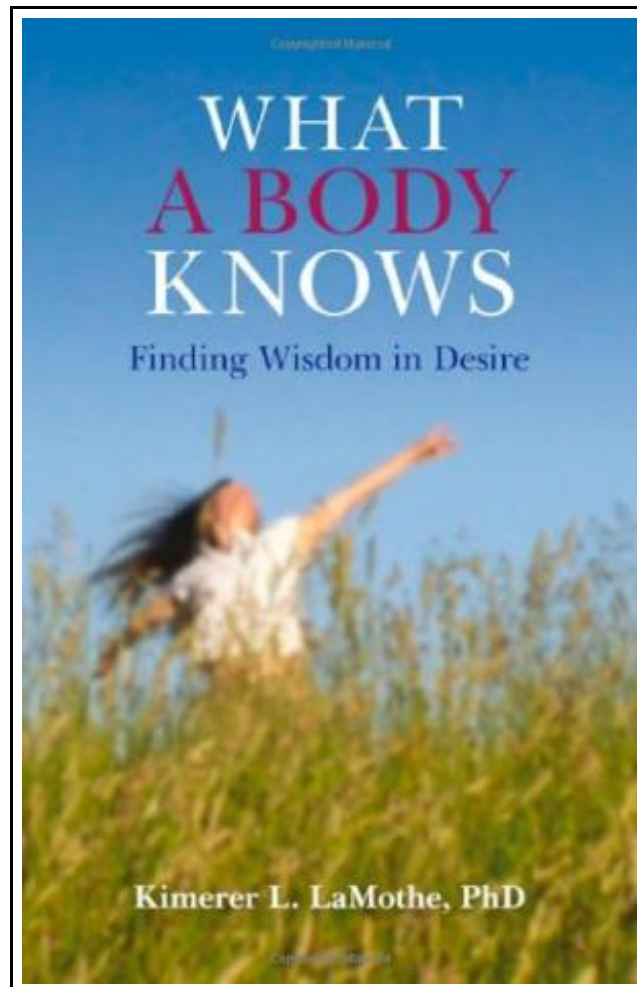


What a Body Knows: Finding Wisdom in Desire



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Reviews

Merely no phrases to describe. Better then never, though i am quite late in start reading this one. Its been written in an extremely easy way which is merely following i finished reading this publication through which in fact transformed me, change the way in my opinion.
(Pedro Renner)

WHAT A BODY KNOWS: FINDING WISDOM IN DESIRE



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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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