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Love Your Body

Christine L. B. Selby



Love Your Body:

Love Your Body Janet Farnsworth, 2020-09-08 Are you ashamed of your body Do you wish your body were different Taller Thinner Stronger Has your body somehow become a painful place to be when you want it to be a place of joy and pleasure You are not alone A vast majority of women are dissatisfied with their bodies and would change something about them if they could Janet Farnsworth is a nationally recognized yoga teacher somatic therapist and body empowerment coach who has spent years coaching women how to love their bodies again She is the founder of The Practice of Now Let Love Move You a movement therapy practice designed to heal and nurture your relationship with your body In *Love Your Body The Guide to Stop Making Your Body a Battleground* Janet will teach you an easy to follow life changing practice to help you feel delight in your body how to look in the mirror and be comfortable with what you see how to know and honor what your body wants and needs how to remove the blocks that keep you feeling disconnected and dissatisfied how to move in a way that makes you feel strong and beautiful and practical techniques to soothe your nervous system and feel peaceful in your body

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The Body's Business Rebecca Weber,2004 Introduces how the human body processes food into energy and how the various parts of the body work together to function as a whole

Stargate 2012 Alignment Sarah Ince,2011-07-26 Stargate 2012 Alignment 44 Levels of Ascension Lightwork pave the light path to ascension into the light for entry to the Golden Age on Earth The earth pole shift is coming up in 2012 and a unique galactic shift willl occur opening the Stargate of Ascension for those who are prepared vibrationally

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