

MINDFUL WAY CONSULTING

The Body Means Well: Empowered Healing

is a clear and compassionate approach to healing through awareness of the sensation, feeling and imagery of the physical body. Written for the lay reader, it includes narrative, guided imagery (also on CD) and expressive exercises, all designed to provide a gentle and relaxed path to embodiment.

“Thoughtful, useful, original and will surely inspire many readers.”

Anna Halprin, Dancer, Choreographer, Creator of Life-Art Process

“... dignifies the reader and the growth/healing process and makes it seem not effortless but doable and natural – and desirable!”

Elizabeth, Child Care Advocate

“Moving, inspirational, exceptionally well written and very useful.”

Peter, Author, Survivor of Therapeutic Cult

“This is a necessary book for the many who struggle with life threatening illnesses or overwhelming anxieties. The book is a first in that it offers a graceful method of healing which allows one to face difficult emotions using practical and easy exercises. The author’s philosophy is based on a lifetime of experience and training and she provides an obtainable path towards solace.”

Lulu, Breast Cancer Survivor

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