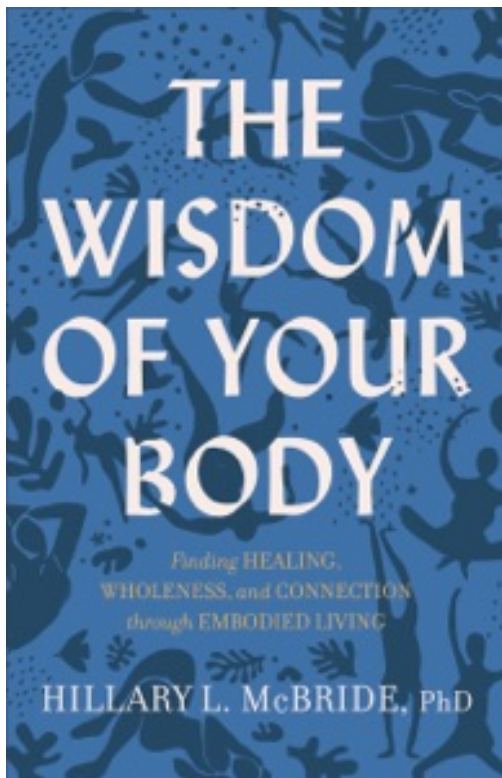


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Psychologist and award-winning researcher Hillary McBride explores the broken and unhealthy ideas we have inherited about our body. Embodiment is the way we are in the world, and our embodiment is heavily influenced by who we have

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*The Wisdom of Your Body* offers a compassionate, healthy, and holistic perspective on embodied living. Weaving together illuminating research, stories from her work as a therapist, and deeply personal narratives of healing from a life-threatening eating disorder, a near-fatal car accident, and chronic pain, McBride invites us to reclaim the wisdom of the body and to experience the wholeness that has been there all along. End-of-chapter questions and practices are included.

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