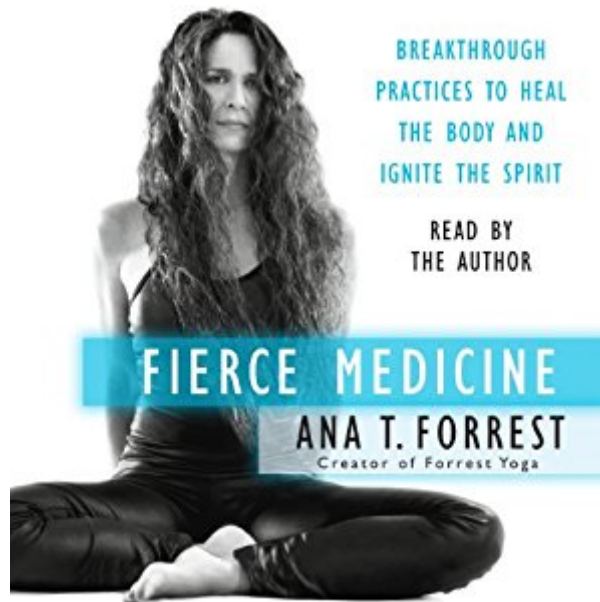


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# Fierce Medicine: Breakthrough Practices To Heal The Body And Ignite The Spirit



## Synopsis

As the creator of Forrest Yoga, Ana T. Forrest has been transforming people's lives throughout the world for more than 35 years. Her unique blend of physical practice, Eastern wisdom, and profound Native American ceremony takes her teachings literally off the mat and into daily life - to heal everything from addictive behaviors and eating disorders to chronic pain and injury. In *Fierce Medicine*, Forrest tells her own story of healing from the scars of abuse and physical handicaps, and reveals the proven practices that enabled her to move beyond her past into a life committed to helping others reconnect with their bodies, cultivate balance, and start living in harmony with their Spirits. In her unique, powerful, and inviting voice, Ana Forrest reveals how to: Learn to stalk fear and break free from it instead of running from it. Be attentive to your body, discovering its own inherent healing properties. Speak and act from a place of honesty and compassion. Cultivate an open heart that is feeling, responsive, and reflexive and able to embrace change. Harness your intuition and the courage to live in alignment with your Spirit. Whether you've never done yoga or are a seasoned practitioner, Ana Forrest's practices, stories, and exercises will help you uncover your own warrior's heart. With this wise woman as your trusted guide, you, too, can become centered, strong, and more alive than ever before.

## Book Information

Audible Audio Edition

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## Customer Reviews

I purchased this book in search of strategies to help young adults who live with unresolved traumatic childhoods experiences. I also happen to be a yoga practitioner and have Ana's DVD's. However, I

did not know the depth of Ana's healing perspective from the DVD's alone. This book is raw and "uncut." It speaks directly to the pain and suffering that is residue of stored abuse, neglect and other past hurts or transgressions. Ana is fierce in her writing so the book is aptly name. Her fierceness is complex, sometimes it is the fierceness of a lioness protecting her cubs and other times it is fierceness of a warrior in the face of death. The book provides heart-thumping, anxiety-producing and suspicious-arousing examples of Ana's life struggles. But so much more, the book offers description, explanation and strategies for solution to some of the most horrific experiences that humans may encounter. Ana teaches that assault on one's soul may lead to disconnection or shattering of spirit, but she offers a bounty of examples and invitations to move toward healing. My one caution about the book is that Ana, now around 50 I believe, packs her entire life's journey into this one book. While others may be able to walk through the path of healing "faster" because she has laid out such a clear path, the underlying message of the book is that healing is a lifetime process. So, you may want to read the book very slowly!! For those living in the depth of their darkness, this book offers a light at the end of the tunnel. It is not a fix-it book but an invitation to travel the dark parts of our life's journey with the instructions left by a guide who has traveled a similar path. This book provided me great insights and practical strategies for working with young adults.

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