



Body Odyssey: Lessons from the Bones and Belly

Pat Samples

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Our bodies have surprising stories to tell and wisdom to offer about our lifetime of experiences, especially in our older years. If we listen mindfully, they will reveal the wisdom of these stories in ways that can transform our lives, right up to our last breath. Body Odyssey takes readers inside moments when the body is communicating eloquently--whether about trauma or triumph--to find meaning, healing, and creativity in these experiences. The author's lyrical reflections on her own body discoveries plus her passionate call for a paradigm shift in the way we regard our bodies invites readers to awaken their own bodies' revelations.

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