



## What a Body Knows: Finding Wisdom in Desire

---

By Kimerer L. Lamothe

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, What a Body Knows: Finding Wisdom in Desire, Kimerer L. Lamothe, When we blame desire for our dissatisfaction, we cut ourselves off from the best guidance we have for finding health and well being. There is wisdom in desire, though we have learned to ignore it. Trained to think and feel and act as if we were minds living in and over bodies, we tend to perceive our desires as unruly forces that we must control - or be controlled by. But our desires are us. They are what we are creating in the moment. When we learn to find and move with the wisdom they contain, we become who we can be, and unfold what we have to give. "What a Body Knows" illustrates how, in relation to three life-enabling desires - our desires for nourishment, physical intimacy and spiritual fulfillment. Food. Sex. Spirit.

DOWNLOAD



READ ONLINE  
[ 9.52 MB ]

### Reviews

*The very best publication i possibly read. it was writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Wilhelm Predovic**

*It in just one of the best ebook. I could possibly comprehended everything using this written e ebook. You wont feel monotony at whenever you want of your time (that's what catalogs are for regarding should you check with me).*

-- **Dayana Brekke Sr.**