



What's Your Body Telling You? Listening To Your Body's Signals to Stop Anxiety, Erase Self-Doubt and Achieve True Wellness

Steve Sisgold

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YOUR BODY IS TRYING TO TELL YOU SOMETHING

Feeling stressed out, sick, or anxious? Not sure what your next move should be-or why your thinking is so cloudy? Time to get out of your head and into your body, that brilliant vehicle that is communicating with you all the time. Your body not only knows what you truly want; it can help you handle any situation you find yourself in. Unfortunately, most of us never learned how to read our body's clues--and as a result, we go through life disconnected from our true desires, acting instead in accordance with what the world wants from us. This book shows you how to stop overthinking every decision and start living a life in which happiness and fulfillment are the natural byproducts of being true to yourself. This step-by-step guide shows you how to unlock your body's natural intelligence, free your mind of negative thoughts, and map your path to greater satisfaction. You'll learn how your body can help you:

- Erase self-doubt
- Expand your awareness
- Make better decisions
- Improve your relationships
- Find your passion and purpose
- Boost your health and well-being

This life-changing book walks you through a complete body-mind integration process that attunes and harmonizes your entire being. As you read, reflect, and immerse yourself in the exercises, you will develop a closer relationship with your body-and discover an expanded sense of purpose, a greater faith in humanity, and an increased capacity for love and happiness that emanates from your true core.

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Rosemary Robinson:

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