



Unwinding the Belly: Healing with Gentle Touch

Allison Post, Stephen Cavaliere

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Addressing a wide range of conditions, including digestive problems, anxiety, and depression, this handy guide helps readers reclaim basic health by using proven techniques to reconnect with their bodies. The authors show how to tap into the body/spirit's intuitive center and perform simple, quick exercises to heal. Twenty-seven line drawings and 11 photographs simplify the process, and gentle humor offers encouragement.

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