



Your Body and the Stars: The Zodiac As Your Wellness Guide

M.D. Stephanie P. Marango MD, Rebecca Gordon

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The first book of its kind, *Your Body and the Stars* is a fun, practical, and insightful handbook that takes a revolutionary approach to holistic wellness by unlocking the powers of the stars.

Do you suffer from neck pains? Go to the chapter on Taurus and the neck. How about sore knees? Learn preventive tips and exercises in the Capricorn chapter. *Your Body and the Stars* is the first comprehensive reference guide to go deep into the twelve zodiac signs and the specific body region each sign represents—from your head down to your toes. You can utilize this book by identifying your birth or sun sign and by the body region that needs healing attention. Each chapter integrates a self-directed program and holistic approach to health—both your emotional or mental well-being as well as the physical health of your body. Practical end-of-chapter tips, questions, and illustrated step-by-step exercises based on a mix of yoga, stretch and strengthening movements, and Pilates are provided for all levels.

Your Body and the Stars brings together a medically trained, holistic physician, Dr. Stephanie Marango, and a talented astrologist, Rebecca Gordon, whose horoscopes have appeared in *Elle* and on *Epicurious.com*. They combine their individual expertise to bring the twelve zodiac signs to physical life, providing a lifelong guide that can both prevent and self-heal, illuminating your head-to-toe healing connection to the cosmos.

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Edward Torres:

The actual book Your Body and the Stars: The Zodiac As Your Wellness Guide has a lot of information on it. So when you read this book you can get a lot of advantage. The book was published by the very famous author. Tom makes some research prior to write this book. This particular book very easy to read you can obtain the point easily after scanning this book.

Louise Graham:

Are you kind of occupied person, only have 10 or even 15 minute in your moment to upgrading your mind ability or thinking skill also analytical thinking? Then you are having problem with the book compared to can satisfy your short period of time to read it because this time you only find book that need more time to be read. Your Body and the Stars: The Zodiac As Your Wellness Guide can be your answer as it can be read by an individual who have those short extra time problems.

Mindy Arredondo:

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