



Wellness Wisdom: 31 Ways to Nourish Your Mind, Body, & Spirit

Susan Tate

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HEALTH & FITNESS / HEALING

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"Susan Tate is a joyful, enthusiastic, cosmic cheerleader for life, health, and consciousness. She has managed the almost impossible task of making transformational reading fun and inviting. *Wellness Wisdom* is a beautiful synthesis of timeless teachings for wellness on all levels-body, mind, heart, and soul." ~MARC DAVID, author of *Nourishing Wisdom* and *The Slow Down Diet: Eating for Pleasure, Energy, & Weight Loss*

"As a healer, dancer, and body worker who teaches people to fall in love with their bodies and stay connected to sensation, Susan's words, advice, and insights give us tools for having a passionate and sensual relationship with the body." ~DEBBIE ROSAS, author of *The Nia Technique: The High Powered Energizing Workout that Gives You a New Body and a New Life*

"Susan Tate weaves stories, humor, wisdom, and science in this easily accessible guide to wellness. I love that it is organized into 31 delicious bites of wellness wisdom. This second edition takes the reader from inspiration to action-right into joyful wellness." ~ DEBORAH KERN, Ph.D., author of *Everyday Wellness for Women* and co-author of *Create the Body Your Soul Desires*

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