



# Love Your Body: Your Path to Transformation, Health, and Healing

*N.D Barry Taylor*

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## **Love Your Body: Your Path to Transformation, Health, and Healing** N.D Barry Taylor

Love Your Body: Your Path to Transformation, Health, and Healing provides a holistic understanding of the life-sustaining systems that support wellbeing in your body, mind, and spirit. It begins by looking at those individual physical systems within the body that maintain and contribute to optimal health. Then it looks at the context in which healing takes place and the different tools and practices readers might consider using along their journey. Dr. Barry Taylor has practiced Naturopathic medicine in the New England area for nearly four decades. He has lectured internationally on topics of holistic health and wellness, and has taught courses throughout the United States. Since 1981 more than ten thousand people have participated in his Love Your Body workshop, which he designed as a comprehensive detoxification method that considers the multifaceted nature of our lives.

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