



Full Body Presence: Learning to Listen to Your Body's Wisdom

Suzanne Scurlock-Durana

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Many teachers stress the importance of living in the present moment. Few give the actual practices to make it attainable. This book teaches you how to return to the incredible navigational system of the body and more fully inhabit each moment.

For over twenty-five years, Suzanne Scurlock-Durana has masterfully taught her step-by-step practice of present moment awareness through her own combination of bodywork and CranioSacral therapy. The practices of Full Body Presence help you find a deeper awareness in the moment, even in the midst of chaos, family and work demands, or the pressure to perform. This deeper awareness also brings a fuller sense of trust and confidence in yourself and in the world. Full Body Presence is filled with concrete, life-friendly explorations and instruction clearly presented in both the book and the free accompanying downloadable audio files.

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Carol Johnson:

Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Might be reading a book could be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the reserve untitled Full Body Presence: Learning to Listen to Your Body's Wisdom can be good book to read. May be it is usually best activity to you.

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