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In Fierce Medicine, Ana Forrest, charismatic teacher and founder of Forrest Yoga, combines physical practice, eastern wisdom, and profound Native American ceremony to help heal everything from addictive behaviors and eating disorders to chronic pain and injury.. Fierce Medicine is also part memoir, detailing Ana Forrest's journey to move beyond her past as she helps others to do the same.

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Fierce Medicine - Ana T. Forrest - Paperback

In Fierce Medicine, Forrest tells her own story of healing from the scars of abuse and physical handicaps, and reveals the proven practices that enabled her to move beyond her past into a life committed to helping others reconnect with their bodies, cultivate balance, and start living in harmony with their Spirits.

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