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Bodywise: An Introduction to Hellerwork for Regaining Flexibility and Well-Being

Joseph Heller, William Henkin

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Bodywise is based on Joseph Heller's own brand of deep-tissue bodywork, which makes the connection between life issues and natural bodily alignment, and shows how to restore the body's natural balance. The book teaches readers how to regain control and become a full-time owner of their bodies. Part One explains the way the body works, in everyday life as well as in the structures of consciousness. Part Two takes the reader on a guided tour of the Hellerwork experience.

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