

## Fierce Medicine Breakthrough Practices To Heal The Body And Ignite Spirit Ana T Forrest

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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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