



Yoga and Body Image: 25 Personal Stories About Beauty, Bravery & Loving Your Body

Melanie Klein, Anna Guest-Jelley

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In this remarkable, first-of-its-kind book, twenty-five contributors—including musician Alanis Morissette, celebrity yoga instructor Seane Corn, and *New York Times* bestselling author Dr. Sara Gottfried—discuss how yoga and body image intersect. Through inspiring personal stories you'll discover how yoga not only affects your physical health, but also how you feel about your body.

Offering unique perspectives on yoga and how it has shaped their lives, the writers provide tips for using yoga to find self-empowerment and improved body image. This anthology unites a diverse collection of voices that address topics across the spectrum of human experience, from culture and media to gender and sexuality. *Yoga and Body Image* will help you learn to connect with and love your beautiful body.

2015 IPPY Award Bronze Medal Winner in Inspirational/Spiritual

2014 ForeWord IndieFab Bronze Winner for Body, Mind & Spirit

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