



Coming Home to Your Body: 365 Simple Ways to Nourish Yourself Inside and Out

Carmen Renee Berry

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Counteracting the barrage of negative reinforcements that are detrimental to good health, this book presents simple ways to proactively nourish yourself inside and out. People who respect themselves and their bodies are much more likely to take care of themselves through diet, exercise, and preventive medical care. The short entries in *Coming Home to Your Body* are designed to be read every day, bringing the reader an awareness of themselves. Doing so raises self-esteem and confidence, and helps change old destructive habits into healthful, nurturing behavior.



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