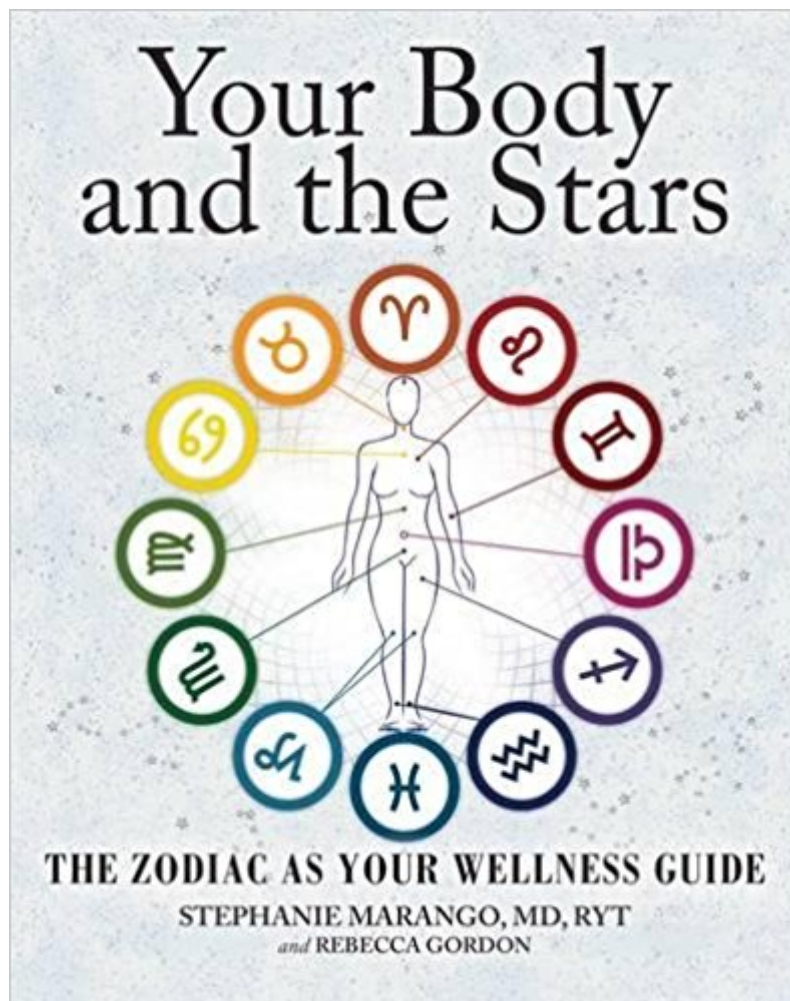




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Your Body And The Stars: The Zodiac As Your Wellness Guide



Synopsis

The first book of its kind, *Your Body and the Stars* is a fun, practical, and insightful handbook that takes a revolutionary approach to holistic wellness by unlocking the powers of the stars. Do you suffer from neck pains? Go to the chapter on Taurus and the neck. How about sore knees? Learn preventive tips and exercises in the Capricorn chapter. *Your Body and the Stars* is the first comprehensive reference guide to go deep into the twelve zodiac signs and the specific body region each sign representsâfrom your head down to your toes. You can utilize this book by identifying your birth or sun sign and by the body region that needs healing attention. Each chapter integrates a self-directed program and holistic approach to healthâboth your emotional or mental well-being as well as the physical health of your body. Practical end-of-chapter tips, questions, and illustrated step-by-step exercises based on a mix of yoga, stretch and strengthening movements, and Pilates are provided for all levels. *Your Body and the Stars* brings together a medically trained, holistic physician, Dr. Stephanie Marango, and a talented astrologist, Rebecca Gordon, whose horoscopes have appeared in *Elle* and on *Epicurious.com*. They combine their individual expertise to bring the twelve zodiac signs to physical life, providing a lifelong guide that can both prevent and self-heal, illuminating your head-to-toe healing connection to the cosmos.

Book Information

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Customer Reviews

âRebecca Gordon is one of the best astrologers Iâve ever met. Sheâs authentic, funny, and extremely talented! I recommend her work and *Your Body and the Stars* to everyone!â (Gabby Bernstein, New York Times bestselling author of *Miracles Now*)â I love how Dr. Stephanie and

Rebecca take your body and soul to another dimension with merging the physical, metaphysical, and mind within-depth exploration of relating ourselves to every zodiac sign. Your Body and the Stars deeply educated me on opening my eyes on how much I needed to use elements of the other signs to make me whole. Brilliant!â • (Elisabeth Halfpapp, executive vice president of Mind-body Programming, cofounder of exhale, cocreator of Core Fusionâ„¢ barre, and coauthor of Barre Fitness)â œThis is a beautiful book by Dr. Stephanie and Rebecca Gordon. I have been fascinated with astrology and health for nearly fifty years and what these women have put together is informative and helpful for anyone interested in astrology and body relationships, and how you can use them for greater wellbeing. I highly recommend Your Body and the Stars.â • (Elson M. Haas, MD, integrative family physician (elsonhaasmd.com) and author of Staying Healthy with the Seasons, Staying Healthy with Nutrition)â œCarl Sagan said, â `We are made of star-stuff,â ™ and in their groundbreaking new book, Your Body and the Stars, astrologer Rebecca Gordon and holistic physician Dr. Stephanie back up this powerful cosmic concept with an integrative wellness guide that shows you, through practical tools and a cosmically artful health program, how to maximize your overall well-being. Through understanding the relationship between the signs and your physical body, Rebecca and Dr. Stephanie take you on a journey of self-discovery that will bring you into harmony with the stars and the physical world and show you how to live in optimal wellness.â • (Ronnie Grishman, editor-in-chief, Dell Horoscope magazine)â œBravo, Dr. Stephanie and Rebecca! I am now fascinated to know that my physical body, and all that I ask it to do, is so profoundly influenced by my metaphysical connection to the universe. The wisdom that I have taken from these pages has deepened my appreciation of my body and my understanding of the Mind-Body concept, which is so prevalent in our fitness programs at exhale. Thanks for such a great read. This will now be one of my reference books!â • (Fred DeVito, executive vice president and cofounder of exhale , cocreator of Core Fusionâ„¢ barre, and coauthor of Barre Fitness)

Stephanie Marango, MD, RYT is a holistic physician and educator trained at Stanford University and the Mount Sinai School of Medicine. In addition to her private practice, she regularly lectures and contributes on topics including functional anatomy, physician wellness, and body-mind-spirit health at major medical centers, healthcare websites, popular magazines, and national fitness organizations. Learn more about Dr. Stephanie and her work at Imbodyment.com. Rebecca Gordon is a full-time astrologer, presenter, and columnist of the stars. Founder and creator of the nine-year-running My Path Astrology school, she teaches live and online courses year-round in New York City. Her astrological columns have been featured in Prevention Magazine, Condé Nastâ ™s

Epicurious, and currently she contributes monthly astrology articles to HarpersBazaar.com.

Rebecca is passionate about teaching, sharing the language of the planets, and helping others to navigate their path in life.

I love this book. What a great way to bring together fitness, yoga, and astrology. My favorite is the Capricorn chapter. It's totally me! Dr. Stephanie's exercises are super easy to do at home. So simple yet so effective. The Global Breath exercise is my favorite. I find myself referring to it over and over again. When my knees hurt, I know it's time to look at the Capricorn exercises. If I'm having some throat pain or trouble expressing myself, I check in with the Taurus chapter. Thank you, Dr. Stephanie, for such an incredibly useful tool.

This book has such a great flow and is full of practical ways to use astrology to boost health and wellness. It's very interesting to feel in the body the area your sign rules... you can instantly remember all the ways that area has been a major part of your attention throughout your life. This book is a loving reminder that your body is intelligent and you should listen to it!

Excellent! Really enjoyed how this book "connected the dots" on Astrology and body. Was thoughtful, insightful, scientific and gave validation to how we respond to various energies of the Universe or at least will open you up to a new perspective. Well-thought out overall and a great read and reference book. Dr. Marango and Rebecca Gordon are both incredibly knowledgeable.

Lots of useful information.

So excited to receive this as a gift from my sister. The information combines astrology with the Energy work in my practice of JinShinJyutsuSooo Clear

Amazing!

Great read, makes you think!

Wow -- this book surprised me. I've always found astrology fascinating and never really connected it with my body. The authors have a way of providing practical, wisdom-filled guidance to care for and change your body...and your life in the process. So many answers to questions I didn't even know

to ask.

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