



The Anatomy of Change: A Way to Move Through Life's Transitions Second Edition

Richard Strozzi-Heckler

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The body's innate capacity for feeling, intuition, and compassion can enable us to heal our physical and emotional wounds. In *The Anatomy of Change*, Richard Heckler draws on Aikido and Lomi Body Work to demonstrate how a set of practices can bring new awareness and choice into our daily life.

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