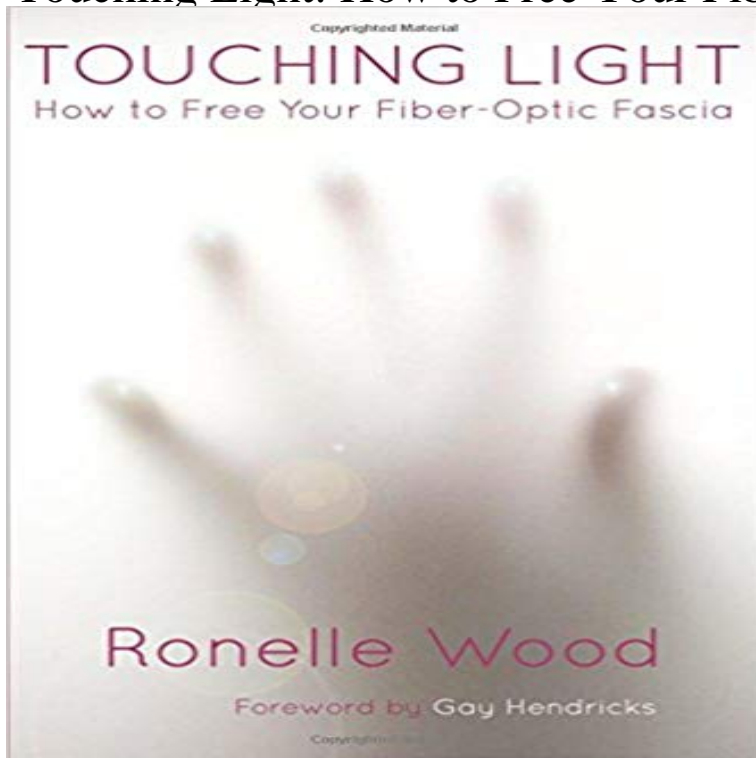


Touching Light: How to Free Your Fiber-Optic Fascia



You have inside you a cloak of gossamer connective tissue that surrounds and supports everything and functions like fiber optics. This tissue is called fascia. In these pages, myofascial release expert Ronelle Wood translates the scientific language for the chemistry, function, and physiology of fascia, shares her hands-on expertise, and explains in laymans terms how our fascia affects us all in everyday life and its potential as a prime source of health and rejuvenation. Gay Hendricks says in his foreword: Ive been blessed to know many great healers and teachers over my forty-five years in the field of transformation; Ronelle is right at the top of the list of masterful practitioners Ive known. Read this book and youll no longer perceive your body as a misbehaving slave to be punished into submission, but as a communicative partner always supporting you.

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