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The Forgotten Body: A Way of Knowing and Understanding Self

Elissa Cobb

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The Forgotten Body: A Way of Knowing and Understanding Self Elissa Cobb
In a culture where many have become accustomed to looking outside of themselves for guidance, The Forgotten Body offers readers an opportunity to turn inside for the answers to questions about life and self. The author, Phoenix Rising Yoga Therapy Program Director, shares the wisdom and insight garnered from her own journey of self-actualization that led her to the realization that mastery of one's mind can be most effectively attained through the rediscovery of one's physical body. With her own personal truths used as examples of the body's powers of wisdom, she urges readers to take them just as they are; her own truth, not the truth. The text follows a ground up approach beginning with the use of one's body as a foundation for self-discovery and proceeds skyward, leading the reader along a path that many will find parallel to their own life journeys. The Forgotten Body is not a rulebook or a rigid doctrine. It is simply a guide to the rediscovery of the simple and profound truths of one's own body.

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