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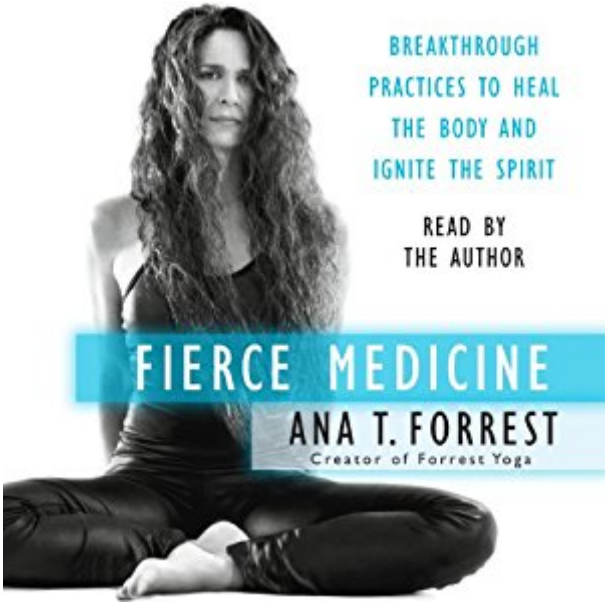
Fierce Medicine: Breakthrough Practices To Heal The Body And Ignite The Spirit



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Synopsis

As the creator of Forrest Yoga, Ana T. Forrest has been transforming people's lives throughout the world for more than 35 years. Her unique blend of physical practice, Eastern wisdom, and profound Native American ceremony takes her teachings literally off the mat and into daily life - to heal everything from addictive behaviors and eating disorders to chronic pain and injury. In Fierce Medicine, Forrest tells her own story of healing from the scars of abuse and physical handicaps, and reveals the proven practices that enabled her to move beyond her past into a life committed to helping others reconnect with their bodies, cultivate balance, and start living in harmony with their Spirits. In her unique, powerful, and inviting voice, Ana Forrest reveals how to: Learn to stalk fear and break free from it instead of running from it. Be attentive to your body, discovering its own inherent healing properties. Speak and act from a place of honesty and compassion. Cultivate an open heart that is feeling, responsive, and reflexive and able to embrace change. Harness your intuition and the courage to live in alignment with your Spirit. Whether you've never done yoga or are a seasoned practitioner, Ana Forrest's practices, stories, and exercises will help you uncover your own warrior's heart. With this wise woman as your trusted guide, you, too, can become centered, strong, and more alive than ever before.

Book Information

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Customer Reviews

Read many reviews of this book before purchasing ranging from the superlative to the damming. Decided therefore to read for myself and make up my own mind and for what it's worth my

conclusion is that there is more positive and negative to be gained from this read.The story is a personal one and the personal nature of how Ana Forrest came to achieve her own transformation is frankly shared. What she learned through this personal process is then taken to another level as she applies it to offer teaching and advise to others. One may or may not agree with what she has to say or like it or even respect it but in my opinion she does describe how she achieves Yoga or unity in her own personal journey, so beyond that it's really up to each individual reader to take what is relevant from her narrative and use it or not as suits them. Rating the experiences described as good, bad or indifferent is to be expected as Ana Forrest is a public figure who has forged a reputation for herself as a modern day Yoga guru. That being said respect in the expression of all such opinions is the job of everyone else who seeks to understand more about themselves though consideration of her story so in my book the honest sharing of that story is to be appreciated no matter what else the reader may think.

I saw this advertised in the pages of Yoga Journal.....being a relatively new yogi, I had never heard of Forrest Yoga before, and given the fact that I have chronic illness that I am working to release, I like to read all the books on self healing that I can....and all I can say is "WOW". (Note: This was also one of, if not THE first, "yoga book" that I read.)I easily identified with Anna, as I also have what many would term a "strong" personality, although yoga is helping me to "tone it down" some, while still finding the space to be myself. It was very refreshing to see a "real" person describe their healing journey in their own voice, as their true, authentic self, as opposed to the forced (and unrealistic, unrelenting, unnatural) optimism that many healers try to force feed their following.Anna is a no holds barred, in your face, no apologies type of person (forgiveness yes, apologies no!), on and off the mat; she is FIERCE. She lives her yoga and her truth.While some commentators have stated that they don't feel the book "flows", I think once you consider Anna's yoga practice, the book flows perfectly. It flows how Anna flows, which may not be how your average yoga teacher flows, or how "you" "think" it should flow....but that's thing- Anna's book, Anna's flow! The book alternates from memoir to yoga therapy, as she recounts issues in her life, how they manifested emotionally and physically, and how she used yoga/natural methods to heal herself.I commend her for sharing her story with us and inspiring others to do the same.If you ask me, Anna Forrest is the Tyler Durden of the yogic community. Totally badass!

I was required to read this in order to complete my 200 hour YTT class. It was definitely the best book I read out of the 3 others. For me it was easy to relate to her struggles because she didn't

sugar coat anything. Definitely transformative.

I did a workshop and a couple of sessions with Ana years ago (about 28 yrs. ago!) in Solana Beach and have never forgotten her spirit, her healing, and her compassion. There are ways I do some of my yoga poses today that are specific to what she showed and taught me. There was definitely something about her that was connected to something greater and important. Her writing this book is yet another act of service and a reminder about what is possible for all of us. So many good reminders here in her very straightforward manner about possibilities we all have with some useful tools if we want to choose them. I have been grateful for all of these years to have met and worked with her, and when I saw she had a book out, I immediately bought it. Thank you for your level of honesty, of seeking, of sharing, Ana!

I have known about Forrest Yoga for a couple of years. I do hot practice yoga, but I am very interested in this innovative type of the discipline. I know several practitioners of Forres Yoga, and have seen the excellent effect it has had on their health and outlook on life. In some cases, Forrest Yoga has done for them what it did for Ana, the founder: it has given them their life and their future back. The reason is, they have gained in self discipline, in corporal and spiritual health, in love and generosity towards human beings, as well as the world. The students I saw at a Teachers Course looked happy, at peace. They were cordial to each other, enthousiastic, all of this without affectation or exaggeration. Ana, herself, is an example of all these qualities. She is disciplined, and demands the same from her students. Past her mid fifties, her body is supple and agile, and can perform every possible pose with total agility and ease.

This book will absolutely change your life. I had the honor to attend one of Ana’s classes at Wanderlust and she is a pioneer. She inspires people to release fears, to be empowered and kick bad habits. The book is interesting, heart breaking at times and very informative. Great for yoga people and anyone wanting to learn some simple practices to change their lives. I highly recommend this book. I also got it on audio and love hearing Ana’s voice. She is amazing!

I love reading about people’s experiences in life. This book (from what I’ve read so far) is real, raw, compelling and inspiring and provides insight into how we process life internally...particularly those experiences that involve trauma. As I am reading, my eyes are being opened to areas in my own life that need further healing and I am gaining insight and understanding for others. For those struggling

with areas of stuckness in their life due to trauma and for those working with those working through trauma, this is a great read.

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