



## Feng Shui for the Body: Balancing Body & Mind for a Healthier Life

**Daniel Santos**

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By sharing with readers his personal quest of the mind-body-spirit connection, Santos, a practitioner of Oriental medicine, draws us into exciting health and self-development implications. The catchy title is the second book by Santos, the first *Luminous Essence: New Light on the Healing Body*. Both books hold learning encounters with Santos' teachers Esmeralda, Huang and Eulogio who profoundly shape his directions. Feng Shui principles are extended to the body, the real house we inhabit. To make deep changes in our lives, Santos states that we have to change the way energy flows through the body.

The section on "Embodying Your Awareness" contains multiple exercises and an Awareness Journal practice, both of which encourage the reader to participate fully. Santos' powerful questions lead to the thorough understanding of four basic motions: breathing, using the eyes, opening the joints and sound/speech, as well as the four basic positions: lying, sitting, standing and moving.

Physical educators, health practitioners and thoughtful readers struggling to integrate mind-body-spirit principles into their daily lives will find this book a fascinating read. This author also address why changes in only one part of our lives fail to take hold and suggests the strategy to make permanent our good intentions.

SOPHIA TARILA (September / October 1998)

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