



Hózhó : A Navajo Nation Medicine Woman's Exploration of the Four Bodies of Existence for Balance and Self-Reclamation

Granddaughter Crow

North Atlantic Books (May 5, 2026)

Softcover \$20.95 (192pp)

979-888984199-9

Granddaughter Crow's self-help guidebook *Hózhó* juxtaposes traditional Navajo teachings on what it means to be fully human with the views of contemporary Western psychology and society.

The book introduces the Navajo concept of the "four bodies of existence:" the physical (gut), emotional (heart), mental (mind/brain), and spiritual (soul), each of which possesses its own wisdom. Together, these constitute an individual's own "internal council." Drawing on these bodies, the book works to aid in the development of *hózhó* or a state of being reflecting peace, balance, harmony, and the ability to "move through the world in a beautiful way."

There's a personal element to the text, too. Indeed, biracial Crow reflects what it was like to grow up in a world where "accepted" meant "white." Her father was one of many Indigenous children torn from their homes and subjected to abusive treatment in schools designed to eradicate Navajo culture from their minds and souls. As such, Crow spent a good part of her life living "between worlds," forced to deny her heritage and calling. Her book is a declaration of her self-reclamation and her commitment to bring knowledge of *hózhó* to the aching world.

Raw and moving, the book acknowledges life's difficulties and shares traditional stories of Navajo courage and resilience against incredible odds, including triumphs over soul-wearing subconscious beliefs and negative inner narratives. It recommends methods for transforming such circumstances, including the study of perennial archetypes and basic astrology. Potent exercises and prompts for journaling and reflection aid in identifying, fortifying, and living as one's authentic self.

Hózhó is a grounded self-help guidebook to personal authenticity and empowerment.

KRISTINE MORRIS (May / June 2026)

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