



# Body Wisdom: Light Touch for Optimal Health

*Sharon Giammatteo*

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## **Body Wisdom: Light Touch for Optimal Health** Sharon Giammatteo

Sharon Giammatteo teaches readers a self-healing method that can return life to areas deadened by shock or trauma. The technique is based on the Neurofascial Process, a calculated laying on of hands and subsequent release of emotional and physical pain. The author widens her scope to include any pain, strain, or fracture, and extensive illustrations make the process simple and rewarding.

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