

# Walking With Sobonfu:

*A Guide to Claiming Your Authenticity  
and Deepening Your Sense of Community*

**ISBN:** 978-1951694630

**Price:** \$29.95

**Other:** Available ebook

**Publisher:** Empower Press

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**Trim Size:** 7 x 0.3 x 10 inches

**Available from:** iPage, Ingram and major wholesalers at discounted rates

**Keywords:** Faith, Metaphysical, Ritual, Self help

## **Synopsis:**

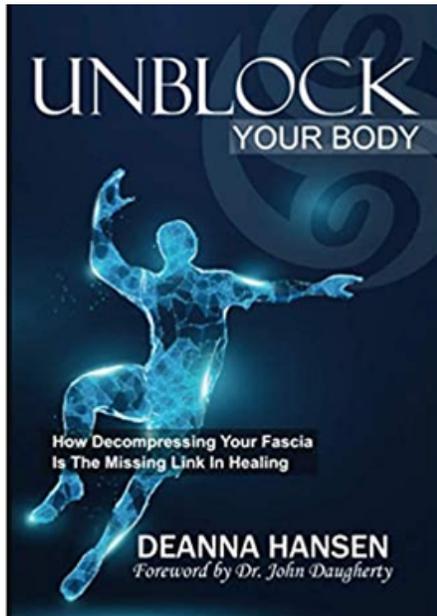
Susan Hough experienced a profound shift in her life when she first encountered the works of Sobonfu Somé. What she didn't realize, at the time, was that those books would lead her to a profound lifelong connection with the author. Through her friendship with Sobonfu, Hough's life expanded in deeper, more meaningful and more spiritual ways. Walking with Sobonfu chronicles Hough's friendship with Sobonfu as they share experiences in North America as well as in Africa.

Filled with the wisdom of both women, this book invites the reader to dive deeply into the richness of their own lives through rituals and ceremonies that bring about stronger connections to themselves, the earth, and their communities. Hough's remarkable experiences are a tribute to the power of connection and friendship and are a powerful reminder of what it means to embrace one's own voice and live from a place of deep authenticity.



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# Unblock Your Body:

*How Decompressing Your Fascia Is the Missing Link in Healing*

**ISBN:** 978-1951694104

**Price:** \$14.52

**Other:** Available ebook

**Publisher:** Quantum Living Press

**Release Date:** November 2, 2020

**Trim Size:** 6 x 0.31 x 9 inches

**Available from:** iPage, Ingram and major wholesalers at discounted rates

**Keywords:** Health, Physical Therapy

## Synopsis:

Does your body feel heavy and blocked? Discover how to awaken your cells and become more attuned to your inner spirit.

Are you looking to overcome anxiety and your reactions to negative triggers? Do you want to conquer chronic pain? Struggling to defeat your sleeping problems? As a Certified Athletic Therapist and the founder of Fluid Isometrics and Block Therapy, Deanna Hansen has helped thousands draw on transformational benefits through her innovative system. Now she's here to show you why the connective tissue that holds every organ, blood vessel, bone, nerve fiber, and muscle in place shouldn't be ignored and is essential to your well-being.

Unblock Your Body: How Decompressing Your Fascia is the Missing Link in Healing is a powerful guide to learning how to support your body's internal systems and enhance your physical health. Unpacking how flourishing cells require space both around and inside them, you'll know how to reduce restrictions, repair function, and recharge every aspect of your essence. In a world full of chaos and obstructive energy, you'll soon be powering up the key forces needed to counter the constant drag of Earth's gravity and boost your strength and vitality.



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