



# Unwinding the Belly: Healing with Gentle Touch

By Allison Post, Stephen Cavaliere

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Addressing a wide range of conditions, including digestive problems, anxiety, and depression, this handy guide helps readers reclaim basic health by using proven techniques to reconnect with their bodies. The authors show how to tap into the body/spirit's intuitive center and perform simple, quick exercises to heal. Twenty-seven line drawings and 11 photographs simplify the process, and gentle humor offers encouragement.

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### Editorial Review

#### Review

"This gem of a book contains many of the fundamental techniques of esoteric Taoist Healing. Yet despite this, and despite the authors' extensive experience in it, they explain things clearly, naturally, and entertainingly. This information can be used by healing arts professionals and anyone interested in getting in touch with the principles and practices of holistic health."- Gilles Marin, author of *Healing From Within* with Chi Nei Tsang and founder of the Chi Nei Tsang Institute of Berkeley  
"To heal is to make whole. This book offers us a vision and practice of healing as wholeness. Allison and Stephen understand the power of the universal contemplative principles of intention, awareness and love."- Eugene Cash, meditation teacher at Spirit Rock Meditation Center and founding teacher at the Insight Meditation Community of San Francisco  
"I have waited years for a book like this to refer to my clients, friends, and students...Drawing from years of study and experiential application, Allison Post and Stephen Cavaliere offer a knowledgeable, simple, practical, and inspirational hands-on belly guide for all of us to enjoy. Excellent!"- Lucy Rush, Massage Therapy Instructor

#### About the Author

Allison Post and Stephen Cavaliere present *Unwinding the Belly* in a refreshingly straightforward and heartfelt manner. They have taught Eastern and Western Healing Arts, including Unwinding, during a dynamic partnership of eighteen years. It is their mission to teach the skills of self-directed healing to anyone interested in improving his or her life. They lead workshops nationally and maintain a private practice in San Francisco, California.

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