The 2020 pandemic changed our lives. Whether that change is positive or negative is in your hands and hearts. Dr. Barry's thoughts and words allow us to reflect on what's taken place, in addition to moving forward enriching ourselves and enhancing the lives of all we touch. Great nourishment for the soul!

—Ken Cail, Host of “Cail and Company”
WTPL and WTSN

Dr. Barry Taylor adds new and wonderful content to the great work already done in the Love your Body book, additional exercises that encourage you to explore deeper and learn more about yourself especially in these uncertain times. Highly recommended reading.

—Lee Rosen Sr.
Director Cloud and Software Solutions,
Nuance Communications

A deep and wise look at the foundations of holistic health and healing through the eyes of a true healer. In the latest edition of his book, Dr. Taylor shines a light on the powerful gift that connection, community and contribution make in creating vibrant health, wellbeing and longevity. His message is especially relevant in light of the COVID-19 coronavirus pandemic that ravaged the world during the writing of this edition in 2020.

—Cheryl Stone, NBC-HWC, MA, MBA
Founder and Director, The WellVisory Group

This is essential reading for every person who aspires to create positive change in their life by using the tools of healthy living and spiritual healing.

—Michael Taylor
Professor, University of Southern California
Executive Director, USC Media Institute for Social Change
Dr. Barry Taylor is a true healer in the most powerful sense of the word. During a time of contagion and iniquity, these pages remind us that restoring our bodies to health is not enough. We must also restore broken connections with our fellow humans, our fellow animals, and our sweet, green world.

—Sy Montgomery, Author, How to Be A Good Creature

Wisdom at your fingertips. Useful, thoughtful, practical keys to self-awareness and, in turn, self-healing.

—David Kern, ND Founder and Medical Director, Grace Health Centers, Maui, Hawaii

Dr. Barry has an uncanny way of connecting with his readers and helping them relate to the material in a deep and profound way. I found myself identifying with many of the examples and topics that were covered in his book. It was very easy to read and invoked many different emotions and reactions. If you truly love your body or want to love your body in a more profound way, this book is perfect for you. Look no further; begin reading and enjoy your own personal journey.

—Jason Chechik, Small Business Marketing Consultant, Passion To Profit Specialist in digital marketing and content creation for the holistic health and wellness field

In this new edition of his book, Dr. Barry Taylor has expanded our understanding of the meaning of healing. During this time of pandemic, this book's chapters on community, connection and cooperation are welcome and timely additions to his sage advice on personal wellbeing, growth and health.

—Joan Green, Lawyer
I have been doing Love Your Body Programs with Dr. Taylor off and on for about thirty years. Consistently, the physical disciplines have created space for and nudged me toward some awesome attitudinal, emotional, and heart-centered growth. The wow-factor about the book is that it lays out the foundations and the vision for all the richness and transformation LYB Programs offer! It will open you to the vision that you, too, can have a loving relationship with your body!

—Eileen M. Daily, PhD
Director, Doctor of Ministry in Transformational Leadership,
Boston University School of Theology

"Everything is energy," as Dr. Barry so eloquently writes from his heart with a distinct, deliberate, devoted touch of pen to paper. Through the Love Your Body program, the heart heals. The Love Your Body book is a keepsake read and deserves to be kept within arm's length. You will discover your inner wonderful self, your soul, in ways you never imagined—becoming one with yourself, heart to heart. A must read for all ages for all time. Dr. Barry is brilliant, and a master. With so much honor and respect, I recommend the Love your Body book and cannot recommend the LYB program enough. It is truly a lifestyle to adopt, to love, and cherish. A healing gift that keeps on giving.

—Lisa Robbins, Feng Shui Consultant
The Heart of Home Feng Shui Interiors

As a colleague, friend and former patient I treasure the new additions of the five C's to the Love your Body book: Connection, Cooperation, Contribution, Communication and Community—all social aspects that are essential to our healing and living in a state of wellness on physical, emotional and mental levels. Thank you for expanding the dimensions of your phenomenal healing work.

—Dr. Elsbeth Meuth
Co-Founder, TantraNova Institute, Chicago, Illinois
Dr. Barry Taylor’s Love Your Body is about harmonic compassion, empathy and love for all humanity through a very clear and heart-centered lens. If you are searching for validation and unconditional love for self and others, I truly believe you will find your answers as though they were written just for you. Our world needs Dr. Barry on every stage!
— Kari Weber Young
Contagious Living Speaker, Coach, Author

“When the world is sick, can I be well?”
"Yes," says Dr Barry Taylor, whose newly expanded Love Your Body provides powerful teachings and exercises to nurture and transform our bodies, minds, and spirits—and consequently heal ourselves and our world!
— Rev. Dr. Catherine Cullen
Unitarian Universalist parish minister and Order of Interbeing member in the tradition of Thich Nhat Hanh

"To love your body is a journey, not a destination... a journey that connects you to your heart and soul." That is my greatest takeaway after experiencing eight Love Your Body programs with Dr. Barry Taylor. His brilliance is revealed both in this book as well as in the hundreds of Love Your Body programs he has presented in the past forty years. He opens the possibility for us to heal our body, mind and spirit through our hearts with compassion. Dr. Barry has enriched my life and so many of my patients' lives through his loving gifts and skill as a Naturopathic Doctor combined with the knowledge he has amassed in this amazing book.
— Dr. Patti Giuliano, Doctor of Chiropractic
President, Academy of Chiropractic Family Practice
Founder and former president, The League of Chiropractic Women