

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!

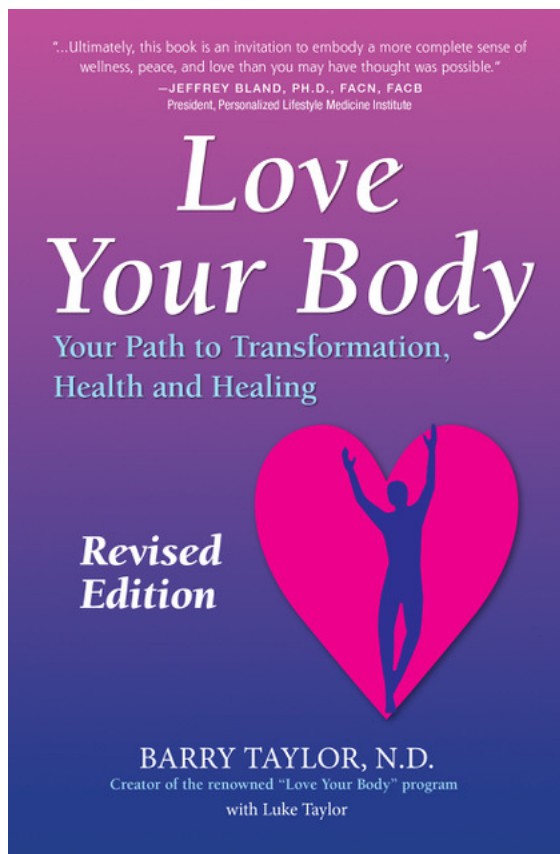
—Ken Cail, Host of "Cail and Company"
WTPL and WTSN

Acclaim for the Newly Revised Edition of

Love Your Body

**Your Path to Transformation,
Health and Healing**

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\$18



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

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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*

When we acknowledge the importance of connection, value effective communication, and contemplate our role in a plan that is bigger than us, we can reconnect to purpose and meaning in life.

Thank you, Dr. Taylor, for your passionate generosity of time and thought and your commitment to remind us of these core principles for peace and happiness.

A must read.

—Ann Doggett, DC, MS
www.wholebodysolutions.org

"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*



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