

Testimonials

Love Your Body Contemplations: Practices for Remembering

Contemplations is a profound and deeply moving work - one that invites us not simply to read, but to pause, reflect, and see ourselves and our world with new eyes.

The prose is exquisite and, at times, brought me to tears. There is a depth and authenticity to these reflections that reach beyond the intellect and speaks directly to the heart and spirit.

What makes this book particularly powerful is its structure. Each contemplation becomes a doorway, allowing the reader to move into deeper and deeper levels of understanding - of ourselves, of one another, and of the world we are creating together.

This is a book to savor, return to, and experience again and again. It reminds us that contemplation is not an escape from the world, but a pathway to seeing it more clearly, and to discovering who we are called to be within it.

Beautiful, courageous, and deeply inspiring, Contemplations is a gift to anyone seeking greater meaning, connection, and understanding in these extraordinary times.

- Tezikiah Gabriel

Executive Director of Pathways To Peace
Healer, teacher, ritualist

"Dr. Barry Taylor gracefully and tenderly takes us on a journey; a journey of love, of compassion, of remembrance, and a journey back home to ourselves. Allow what he shares to move you, inspire you, and shift the way you experience reality."

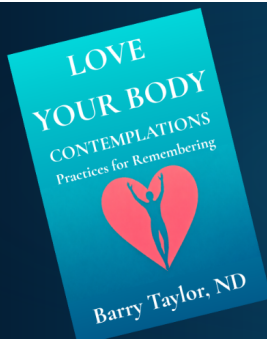
- Dr. Jamil Sayegh, N.M.D.

The Alchemical Architect of Human Transformation

These contemplations and exercises invite us to rediscover truths we may already hold within us, yet have forgotten, and to consider new perspectives that may profoundly enrich our experience of life.

- Isabel Mancinelli

Professor Emeritus
College of the Atlantic



LOVE YOUR BODY

New England Family Health Center
Weston, MA 02493

www.DrBarryTaylor.com

Phone: (781) 223 6688

Email: DrBarry@DrBarryTaylor.com

Testimonials

Love Your Body Contemplations: Practices for Remembering

Sometimes all we need is a light to reveal what has been there all along.

I feel deeply grateful that my path crossed with Dr. Barry Taylor. Barry is a gift to the world, and these contemplations are a beautiful expression of his lifelong devotion to the healing of body, mind, and spirit.

More than words to read, these contemplations are an invitation to pause, listen, receive, and remember - to move beyond judgment and into compassion, understanding, acceptance, and love.

They illuminate what may have been hidden within us and gently guide us back to our own wholeness, inviting us to come home to ourselves and awaken to the light that has been within us all along.

Thank you, Barry, for your devotion to healing and for generously sharing your wisdom with the world.

- Laura Corrigan
Wholistic Acupuncture Healer

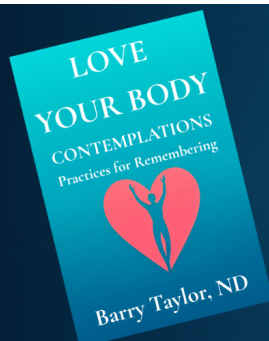
Ruminations that Remind Me to Come Home to Myself

These Contemplations are like jewels to me, interwoven with each other in their meaning and cross pollination. When reading about Healing, my heart was experiencing a liberating shift from "Why can't I get over this heartbreak after all this time?" to "What might healing look like here now?" Further, when contemplating on the Contemplations I received pearls of wisdom such as: "Perhaps grief and love have become separated in my experience."

And what relief when getting that wholeness is available and accessible at any moment through tapping into Dr. Barry's Contemplations on Healing interwoven with Enough that lead me from "There is more healing still to be done" to "I no longer need more in order to feel whole."

Thank you for the jewels.

- Elsbeth Meuth, Ed.D.
Bestselling Author, Sexual Enlightenment
Co-Founder, TantraNova Institute



LOVE YOUR BODY

New England Family Health Center
Weston, MA 02493

www.DrBarryTaylor.com

Phone: (781) 223 6688

Email: DrBarry@DrBarryTaylor.com

Testimonials

Love Your Body Contemplations: Practices for Remembering

Dr. Barry Taylor brings together the wisdom of time-honored and contemporary teachings in a collection of contemplations gently delivered with poetic cadence and informed by a lifetime of practice in health and wellness. Dr. Taylor invites us to look deeply, listen intently, and live intentionally, encouraging each of us to discover our own way of experiencing a deeper connection with life on Earth.

He asks questions for personal reflection, offers meditative practices for daily life, invites us to visualize what we might not otherwise see, and selects music to engage our senses and help us experience these teachings more fully.

- Peg Speirs, PhD

Professor of Art Education, Kutztown University

Co-editor of the forthcoming Integrating the Visual Arts in Health and Wellness:
Interdisciplinary Perspectives

Dr. Barry's contemplations remind us that we all have the power to create our internal reality by focusing our attention on more fulfilling, joyous and satisfying interpretations of being in the world.

Each contemplation prompts us to shift some aspect of our experience: whether from the ordinary to the sacred, from feeling separate to connected, or, like a child, to experience the wonder of the universe we live in.

I recommend treating yourself to the changes these contemplations can guide you for your life.

- Landon Carter

Transformational coach

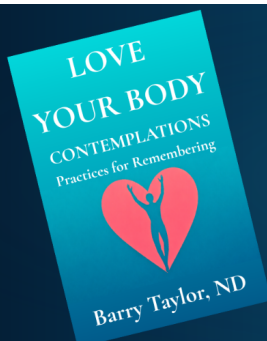
Author of Living Awake and The Happiness Handbook

"Dr. Taylor's contemplations give voice to all the longings of my soul. Profound...moving...a beautiful gift to humanity to savor again and again!"

- Nancy A. DiMartino, MD
Retired Oncologist

"In a world that constantly tells us to become more, this book offers something refreshingly different: the reminder that much of what we are seeking has been within us all along."

- Thomas Carter
Business Innovator



LOVE YOUR BODY

New England Family Health Center
Weston, MA 02493

www.DrBarryTaylor.com

Phone: (781) 223 6688

Email: DrBarry@DrBarryTaylor.com

Testimonials

Love Your Body Contemplations: Practices for Remembering

Dr. Barry Taylor has spent a lifetime exploring the profound intersection of healing, human potential, and some of the deepest truths we seek. In Love Your Body Contemplations, he brings that experience together with remarkable warmth, curiosity, and generosity, inviting us to see ourselves - and life itself - with fresh eyes. Contemplations is a beautifully crafted invitation to pause, wonder, listen, and remember. It beautifully suggests that the deeper wisdom we seek is not something we need to learn, but something we are waiting to remember.

- Cheryl Stone, MA, NBC-HWC

National Board Certified Health & Wellness Coach
ReCODE 2.0 Certified Health Coach
President, Healthstone LLC

WOW! Dr. Barry Taylor has taken the brilliance and creativity born from years of his own transformation, along with the wisdom gained from guiding thousands of clients through their own transformations, and served it to us on a platter!

Love Your Body Contemplations: Practices for Remembering is a beautiful, easy-to-follow guide for anyone ready to reconnect with their body, their wisdom, and the transformative power that already lives within them.

I loved it!

- Dr. Patti Giuliano

Author, Holy Sh*t! I'm Gonna Be a Mom! What Was I Thinking?

These Contemplations invite us to be here - with ourselves, with one another, and with life itself, now.

They offer space, time, connection, vision, sounds, and memories that can become difficult to access in a lightning-fast contemporary world.

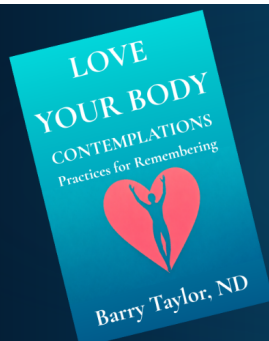
They do so without requiring adherence to a particular worldview or agreement with someone else's explanation of the world.

Instead, they invite us to slow down, to notice, to remember, and to experience.

They are for you to be even more you.

- Eileen M. Daily, JD, PhD

Director of Competency Based Education
Brite Divinity School



LOVE YOUR BODY

New England Family Health Center
Weston, MA 02493

www.DrBarryTaylor.com

Phone: (781) 223 6688

Email: DrBarry@DrBarryTaylor.com

Testimonials

Love Your Body Contemplations: Practices for Remembering

"Dr. Barry guides you toward a deeper way of seeing, feeling, wondering, and experiencing your very own breath, your very own life, your very existence - sacredly. His guidance becomes a Life Symphony for you to create for yourself and experience through visualization, journaling, and practice. If you have ever wanted to journal, to explore your mind and learn more about yourself, Dr. B graciously guides you to make this happen."

- Lisa Robbins

Feng Shui Interior Designer
Timeless Interiors, Intentionally Designed

"Dr. Barry Taylor has written a beautiful antidote to a world that is moving too fast and forgetting what matters. These contemplations awaken what lives beneath our fear, striving, and separation: wonder, compassion, belonging, resilience, and the sacred knowing that we are already enough. This is more than a book about healing - it is a soulful invitation to remember who we are and become more fully human when our world needs it most."

- Gary Malkin

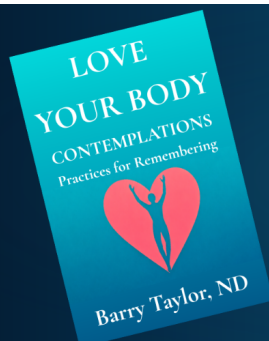
Emmy Award-winning composer, speaker, and founder of the Global Wisdom Foundation

Barry Taylor is a doctor for both the body and the soul.

His deep and profound love for humanity includes all of who we are, our bodies, our souls, our minds, and our hearts. His brilliant book expresses that love and inspires us all to find ways to fall in love with ourselves and the world we live in.

- Lynne Twist

Philanthropist, Author
Founder of Pachamama Alliance



LOVE YOUR BODY

New England Family Health Center
Weston, MA 02493

www.DrBarryTaylor.com

Phone: (781) 223 6688

Email: DrBarry@DrBarryTaylor.com

Testimonials

Love Your Body Contemplations: Practices for Remembering

Having known Barry for many years, what I appreciate most about this book is that I can hear Barry in every page. You can hear his curiosity, his compassion, his reverence for life, and his belief in the extraordinary potential that exists within each of us.

Love Your Body Contemplations does not tell us what to think, what to believe, or who we need to become. Instead, Barry invites us to slow down, to breathe, to listen, to feel, to wonder, and to become more present to the life that is unfolding within us and around us.

So much of our world has us searching outside ourselves for answers. Barry gently turns our attention inward. He reminds us of our connection to one another and to our innate capacity to heal.

Perhaps the greatest gift of this book is that it does not ask us to become something more. It invites us to remember something deeper and to awaken a deep sense of internal knowing.

This is more than a book to read. It is a book to be experienced, and allow Barry's words and questions to challenge us, to inspire us, and to awaken something within us that we have possibly forgotten.

This is a beautiful book, a meaningful journey, and a beautiful gift.

- Peter J. Kevorkian, DC

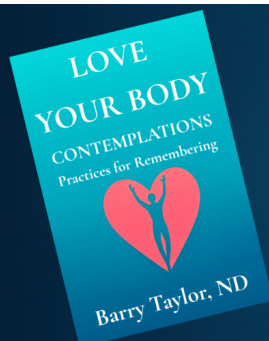
Educator, Philosopher, Student of Human Possibilities
President, Life West Chiropractic College

"Dr. Taylor's Contemplations are a journey to slow my entire self down and see things differently. In turn, I was able to allow myself to feel and enjoy the beauty of life and nature. He has a very interesting take on living well."

I LOVED reading the book, journaling the questions, and focusing on many of the practices. The Contemplations are exactly what Dr. Barry suggests. I live more from them as companions and inner guidance for me to consider during the day. I am renewed!

- Leslie Bergin

Flight Attendant



LOVE YOUR BODY

New England Family Health Center
Weston, MA 02493

www.DrBarryTaylor.com

Phone: (781) 223 6688

Email: DrBarry@DrBarryTaylor.com