

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 CONTEMPLATIONS

Practices for Remembering



Barry Taylor, ND

What readers are saying

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"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

Oncologist

"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."

Landon Carter

Transformational coach
Author of Living Awake and The Happiness Handbook

"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."

Tezikiah Gabriel

Executive Director of Pathways To Peace
Healer, teacher, ritualist

SOMETHING SPECIAL

A personal touch - hand-signed by Dr. Barry, with a bookmark to accompany your reading.

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12 CONTEMPLATIONS