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Writing the Fire! (Paperback)

By Gail Sher

Random House USA Inc, India, 2006. Paperback. Condition: New. Language: English . Brand New Book. Writing the Fire! offers writers a new and visionary practice: using yoga to release the body's inner intelligence and then support, shape, and inform the creative process. Indeed, writing is yoga, declares Gail Sher, introducing the writing asana --an invaluable new tool for every writer's routine. Her insightful and lyrical book, organized around eight thematic immersions, plumbs yoga's wisdom heritage. As Donald Moyer, director of the Yoga Room in Berkeley, comments, She encourages writers to approach their writing with the clarity and presence of yogis, and teaches yogis how to temper their awareness with the heat of words and images. Writing the Fire! celebrates the fullest expression of our being.



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Reviews

I actually started out reading this article ebook. This is for those who state that there had not been a worth reading. Its been developed in an extremely easy way and it is just after i finished reading this book in which in fact modified me, change the way i really believe.

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The book is fantastic and great. I have got read through and i am confident that i will planning to read yet again once again in the foreseeable future. I found out this book from my dad and i recommended this publication to discover.

-- **Prof. Nicole Zieme**