

The Tree Of Yoga

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support you every action of the method.

REVIEW OF THE TREE OF YOGA

- There are very few books that I recommend to other readers, because I assume that everyone has their own tastes and their interests -- especially in the area of "self-help." But, this book covers such a far reaching subject, and I think just about every woman I know could benefit from it. This woman talks about body image in regards to sex,

dressing, jobs, long term success, even friendships. It really is inspirational, and it changed the way I looked at my waist, hips, thighs, butt, you name it!

- Hi! I read this book when it first came out as an e-book and loved it. I related to so much what Melissa had to say about the way we feel about our bodies, clothes, other women, and especially FOOD! This new print version is even better. There are excerpts from other women, and the new structure is great. I recommend it for all women, but especially girls and women who have gone through eating disorders and the body image hatred that Melissa talks about. Good job, Melissa!