

***Body Eloquence: The Power of Myth and Story to Awaken the Body's Energies***

Nancy Mellon with Ashley Ramsden

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Reviewed by Olivera Baumgartner-Jackson for Reader Views (9/08)

Nancy Mellon's "Body Eloquence" is a truly wondrous book. From the absolutely beautiful cover to the very last page of it, I could not find fault with it. The way the author wove together storytelling, science, medicine, myths, exercises and more was incredibly marvelous. There was no way to put it down, and no way that I would voluntarily decide to part with this book for good, although I plan to get a few copies for those near and dear to me.

The best way to describe the impact of this work on me would be with a little personal story. Years ago, as a perennially broke student, I lived on the banks of a great big river. I wear eyeglasses and my prescription changes often. Well, I was broke, so for a few years I could not afford new lenses. When I finally got a new pair of glasses, I remember looking at the river bank and thinking, "Wow, I never realized there were all those pebbles and rocks on the shore." All of a sudden I could REALLY see, and what I saw was beautiful. This book made me look at my body in a whole new way, and I found it utterly fascinating.

Ms. Mellon reintroduces us to different body organs, and all of a sudden we see many layers of their roles and meaning for our entire body. She retells stories and myths, makes us see what really matters and what we have been missing and also introduces a wonderful healing technique, which through the art of storytelling helps us to get our bodies in perfect balance. Both the mental and the physical exercises described in "Body Eloquence" are simple enough, yet I have no doubt that they will prove very useful in everyday life. Such holistic approach to wellbeing is one I deeply respect and I have learned to appreciate it more and more.

Wonderfully fluid and engaging writing, exciting ideas and exercises, imaginative stories and attractive illustrations, and lovely content all contribute to the enjoyment of this book. Get a copy for yourself and a few more for those people in your life about whom you care. "Body Eloquence" by Nancy Mellon with Ashley Ramsden would make a perfect personal gift.