

Coming to Terms With One's Body Through Yoga

Natural Body, Natural Shape: Develop a Strong Self-Image, Good Health, & Ageless Grace & Beauty Through Yoga by Barbara B. Moroney. \$14.95 original trade paperback, ISBN 0-9724335-4-6, published by Swing-Hi Press, 16213 E. Mercer Circle, Aurora, CO 80013. (866)828-8725; www.NaturalBodyShape.com.

Barbara B. Moroney wasn't asking for much—she just wanted Julie Christie's nose, Barbie's 21-inch waist, and a lingerie model's flat stomach. But every time she looked into the mirror, what she saw remained unchanged: a nose that looked more like Boris Yeltsin's and a stomach that resembled a rubber ball.

Like many women, the image she saw each time dictated the success of the day. Finally, she realized this was a burden she no longer desired to carry. She outlines her battle for self-acceptance in a new book, *Natural Body, Natural Shape: Develop a Strong Self-Image, Good Health, & Ageless Grace & Beauty Through Yoga*.

"I had been at war with my

body for as long as I could remember," Moroney, who discovered the benefits of yoga more than a decade ago, writes. "This war—waged with diet, exercise, and cosmetic surgery—was the unhappy means I had adopted to transform my body shape into the ideal image of how I wanted it to look. Like a disillusioned soldier, I was weary and no longer sure of the cause for which I was fighting. I wanted to find peace in love and self-acceptance."

The book begins with Moroney at a crossroads in her life. In one of the many journal entries peppered throughout the book, she does a visualization exercise designed to help her gain self-acceptance. It is her first step to significant personal transformation. Readers will relate to her frank writing style, as well as the angst she suffers all her life, trying to live up to an impossible ideal. Only when Moroney realizes that changing her inside is more important than changing her outside does she begin a journey that, she confesses, still continues to this day.

The discovery of yoga was a breakthrough experience for Moroney, and she shares both her philosophy and her favorite poses in the book. She combines the physical movements of yoga with mental exercises, designed to move readers to a new level of being. Illustrations of the various poses, as well as insightful self-assessment exercises, enhance the reader's experience.

The author stresses that all women have a natural body shape that can be discovered through close examination of mental, emotional, and physical habits. Yoga fosters an improved relationship among all three. According to Moroney, the body is a spiritual teacher, and "From it you can learn your greatest strengths and your greatest weaknesses, as well as everything in between. You can learn how to cultivate and utilize your strengths and strengthen your weaknesses."

Natural Body, Natural Shape is a must-read for women of all ages who want to look and feel better about themselves.

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