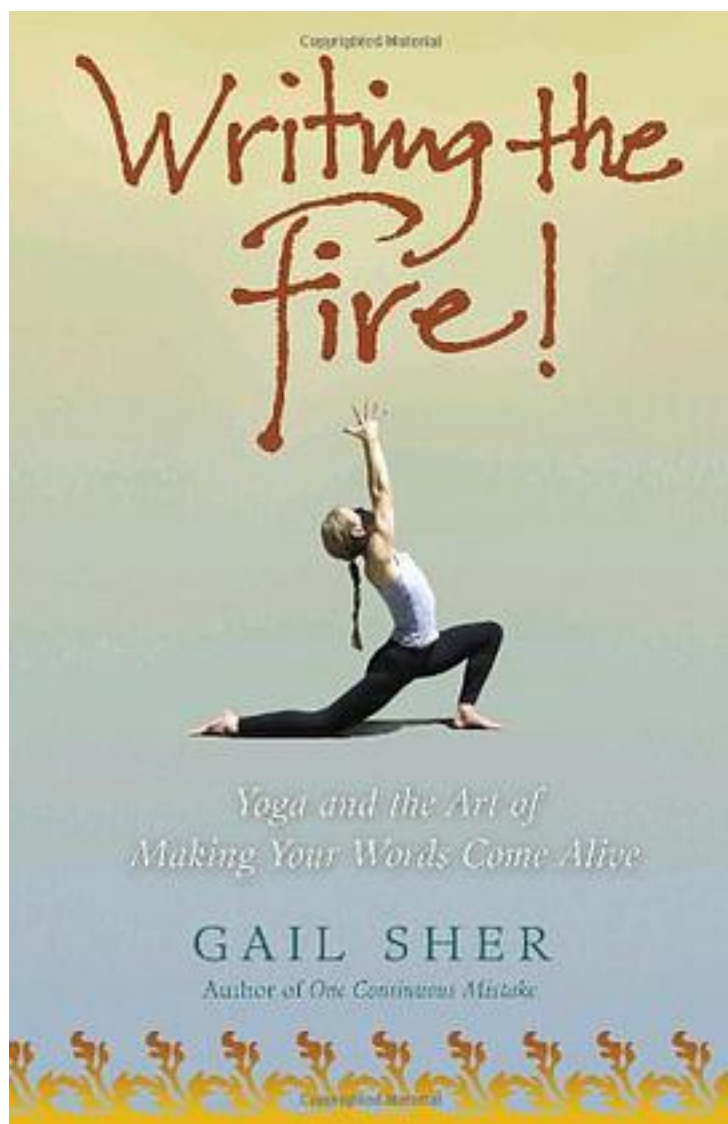


# Writing the Fire!



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著者:Sher, Gail

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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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目录:

[Writing the Fire! 下载链接1](#)

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评论

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