



Embodiment: The Manual You Should Have Been Given When You Were Born

Dain Heer

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The Manual You Should Have Been Given When You Were Born is not like any other body book you've ever read. It's about functioning with your body from the perspective of beingness. It explores how you, as an infinite being, can experience greatness with your body. "What if your body were an ongoing source of joy?" This book may go against everything you've ever thought, everything you've been taught and everything you've read; and everything you have brought that everyone else believes. It doesn't claim to give you all the answers. Instead it will encourage you to ask the questions that will allow you to enjoy the body you currently have and to create your body so that you can truly enjoy it.

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