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abuse and physical  
handicaps, and reveals the  
proven practices that  
enabled her to move beyond  
her past into a life  
committed to helping others  
reconnect with their bodies,  
cultivate balance, and start  
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the body and ignite the  
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*The "Fierce Medicine:*

*Breakthrough Practices to  
Heal the Body and Ignite the  
Spirit" is a self-help book  
that filled with yoga  
exercises. Ana T. Forrest is  
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*In Fierce Medicine, Forrest tells her own story of healing from the scars of abuse and physical handicaps, and reveals the proven practices that enabled her to move beyond her past into a life committed to helping others reconnect with their bodies, cultivate balance, and start living in harmony with their Spirits.*

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culminates the teachings of  
Forrest Yoga, written by Ana  
Forrest herself.**

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*Forrest's book, Fierce  
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Medicine: Breakthrough  
Practices to Heal the Body  
and Ignite the Spirit  
(HarperOne, 2012),  
chronicles her  
transformation from an  
abusive childhood to her  
position as a national  
leader in emotional healing  
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determination, could accomplish such a rigorous task. Ana Forrest has given us all the best of herself in this book.”.

Ana Forrest - Fierce  
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In Fierce Medicine, Forrest tells her own story of healing from the scars of abuse and physical handicaps, and reveals the proven practices that enabled her to move beyond her past into a life committed to helping others reconnect with their bodies, cultivate balance, and start living in harmony with their Spirits.

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