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memoir,
detailing Ana
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as she helps
others to do the

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Fierce Medicine is also part memoir, detailing Ana Forrest's journey to move beyond her past as she helps others to do the same.

Fierce Medicine
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In *Fierce Medicine, Breakthrough Practices To Heal The Body And Ignite Spirit*, Ana T. 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

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to helping
others reconnect
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bodies,
cultivate
balance, and
start living in
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their Spirits.

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