



# The Body Sacred

*Dianne Sylvan*

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## **The Body Sacred** Dianne Sylvan

When you look in the mirror, do you see a Goddess? For anyone who's experienced a "fat day" or wished a doctor could make them younger, Wiccan Dianne Sylvan speaks candidly about overcoming body hatred and offers a spiritual path back to Divine femininity.

Sharing her own struggles with poor body image and self-acceptance, Sylvan explores how the impossible standard of female beauty has developed and endured. Emphasizing the Mother, the Healer, the Lover, and other archetypes of one's relationship with the sacred body, the author provides a uniquely Wiccan approach to achieving a healthy, new self-perception as Goddess.

### **Praise:**

"This topical guide to reclaiming a positive self-image, which builds on foundations presented in Sylvan's earlier work and is written in a very personal and approachable style, is not imbued with self-help jargon and platitudes but with the author's hard-won self-respect and perspective." *LIBRARY JOURNAL*

"Marrying cultural critique with user-friendly how-to, [Sylvan] urges readers to reject society's insistence that they spend countless hours and billions of dollars trying to look thin and youthful. Rather, says Sylvan, women should embrace their bodies for what they are?incarnations of the Goddess. Above all, this book is practical... What distinguishes this book more than anything is Sylvan's sense of humor?she's tackling a serious topic, but she'll have readers laughing from page one." *PUBLISHERS WEEKLY*

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