



Body Talk

Christiane Northrup M.D., Mona Lisa Schulz M.D. Ph.D.

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Body Talk will help you tune in to the inner guidance available to you by understanding the language through which your body talks to you daily. Drawing from their extensive background as physicians and scientists with expertise in mind/body medicine, Drs. Schulz and Northrup designed Body Talk to be easy to understand, light-hearted, and humorous. The two doctors are also best friends who poke fun at each other and willingly share their personal experiences to illustrate their points in a down-to-earth, practical fashion. The end result is a short course on how to apply the science of the mind-body connection to achieve health and happiness in your own life, starting now.

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