

# my body my home

My Body My Home: Embracing the Sanctuary Within

**my body my home** – a simple phrase that carries profound meaning when you pause to reflect on it. Our bodies are more than just physical vessels; they are the very homes in which our spirits, thoughts, and emotions reside. Just like a house, our bodies need care, attention, and respect to thrive. Understanding this connection can transform how we approach health, self-love, and personal well-being.

## The Concept of “My Body My Home”

When we say "my body my home," we acknowledge that our physical selves are the most intimate and constant environment we experience. Unlike any external dwelling, our bodies travel with us through every moment of life, adapting and changing as we grow. This perspective shifts the focus from seeing the body as merely a machine to viewing it as a sacred space deserving compassion and nurture.

## Why Treating Your Body Like a Home Matters

Think about your favorite home. It's a place where you feel safe, comfortable, and free to be yourself. Your body deserves the same treatment. When you treat your body like a home, you prioritize not just physical health but emotional and mental well-being. This holistic approach encourages habits that foster resilience, energy, and peace.

## Cultivating Mindful Self-Care: Creating Comfort in Your Body Home

Self-care is often misunderstood as indulgence, but at its core, it's about maintaining and improving your body-home's environment. Mindful self-care is about paying attention to what your body needs, listening without judgment, and responding with kindness.

## Nutrition: Feeding Your Home Properly

What we consume directly impacts how our body-home functions. Balanced nutrition acts like quality materials that maintain the integrity of a physical house. Incorporating whole foods, hydration, and mindful eating

habits strengthen your internal environment, supporting energy levels and immune health.

## **Movement: Keeping the Structure Strong**

Just as a home requires regular maintenance, your body needs movement to stay strong and flexible. Whether it's yoga, walking, dancing, or strength training, physical activity enhances circulation, muscle tone, and mental clarity. Moving your body regularly also releases stress, creating a more peaceful internal atmosphere.

## **Rest: Allowing Your Home to Recharge**

Rest is often overlooked, yet it's essential to repair and rejuvenate your body. Quality sleep and relaxation practices help your body detoxify, regulate hormones, and consolidate memories. Prioritizing rest ensures your home remains a sanctuary rather than a source of depletion.

## **Emotional Well-Being: Decorating Your Inner Space**

Our emotional state profoundly influences how we feel physically. When your emotional "decor" is cluttered with stress, anxiety, or negativity, it can make your body-home uncomfortable and uneasy.

## **Embracing Emotional Awareness**

Being in tune with your feelings allows you to address emotional needs before they take a physical toll. Techniques like journaling, meditation, or therapy can help you clear emotional clutter, making your body-home a more hospitable place.

## **Building Boundaries: Protecting Your Space**

Just as you wouldn't allow strangers to walk freely through your home, setting personal boundaries protects your mental and emotional health. Saying no when necessary and surrounding yourself with supportive people maintains a positive environment within.

# **Body Positivity and Acceptance: Loving Your Home Unconditionally**

In a world filled with unrealistic standards, embracing your body as your home means accepting it in all its uniqueness. Body positivity is about celebrating what your body can do, not just how it looks.

## **Shifting Perspective: From Criticism to Compassion**

Negative self-talk damages the foundation of your body-home. Replacing harsh judgments with affirmations and gratitude builds a stronger, kinder relationship with yourself.

## **Practical Ways to Foster Body Acceptance**

- Practice daily affirmations focusing on your strengths and qualities.
- Surround yourself with media that promotes diverse and realistic body images.
- Engage in activities that make you feel good in your skin, like dancing or swimming.

## **Environmental Influences: How External Factors Shape Your Body Home**

Our bodies don't exist in isolation; the environment around us plays a significant role in our health and comfort.

## **Creating a Healthy Living Space**

Toxins, pollution, and chaotic surroundings can disrupt your body's harmony. Keeping your living and working spaces clean, organized, and filled with natural light helps support your internal environment.

## **Connection with Nature**

Spending time outdoors reconnects you with the natural rhythms that your body-home thrives on. Fresh air, sunlight, and natural sounds have calming effects, reducing stress hormones and improving mood.

## **Integrating Holistic Practices Into Your Body Home Care**

Beyond conventional health practices, many find that holistic approaches deepen their connection to their body-home.

## **Mind-Body Techniques**

Practices such as meditation, tai chi, and breathwork help align the mind and body, fostering a sense of unity and peace within your personal space.

## **Alternative Therapies**

Massage, acupuncture, and aromatherapy can relieve tension, boost circulation, and enhance your body's natural healing processes. These therapies treat the body as a whole, supporting the idea that your home deserves comprehensive care.

Living by the mantra "my body my home" encourages a profound respect for ourselves. It invites us to nurture our physical, emotional, and mental well-being with the same dedication we give to creating a warm, welcoming home. By embracing this philosophy, every day becomes an opportunity to enhance the comfort and vitality of the sanctuary that is uniquely ours.

## **Frequently Asked Questions**

### **What does the phrase 'My Body, My Home' mean?**

The phrase 'My Body, My Home' emphasizes the idea that our body is our personal space and should be respected, cared for, and protected just like a home.

### **How can I practice self-care to honor 'My Body, My**

## **Home'?**

Practicing self-care includes maintaining a balanced diet, exercising regularly, getting enough sleep, managing stress, and listening to your body's needs to keep it healthy and comfortable.

## **Why is body positivity important in the context of 'My Body, My Home'?**

Body positivity promotes acceptance and appreciation of all body types, encouraging individuals to love and respect their bodies as their personal homes without judgment or comparison.

## **How does mental health relate to the concept 'My Body, My Home'?**

Mental health is closely connected to physical health; taking care of your mind helps create a safe and nurturing environment within your body, reinforcing the idea that your body is your home.

## **What role does nutrition play in maintaining 'My Body, My Home'?**

Nutrition provides the essential fuel and nutrients needed for the body's functions, supporting overall health and ensuring that your body remains a strong, vibrant home.

## **Can setting personal boundaries be linked to 'My Body, My Home'?**

Yes, setting personal boundaries protects your physical and emotional space, respecting your body as your home and preventing harm or discomfort from external influences.

## **How can mindfulness enhance the relationship with 'My Body, My Home'?**

Mindfulness encourages awareness and presence in your body, helping you tune into its signals, appreciate its strengths, and respond to its needs with compassion and care.

## **Additional Resources**

My Body My Home: Understanding the Body as Our Fundamental Sanctuary

**my body my home** is more than a phrase; it encapsulates a profound perspective

on self-awareness, health, and personal identity. In an era dominated by external distractions and digital immersion, recognizing the body as the primary dwelling of our existence becomes essential. This concept invites an investigative exploration into how we perceive, treat, and honor our physical selves, ultimately shaping our mental and emotional well-being.

The phrase “my body my home” resonates deeply within disciplines like healthcare, psychology, and wellness, reflecting a holistic approach that integrates mind, body, and environment. It encourages individuals to view their bodies not merely as vessels but as intimate spaces requiring care, respect, and mindful interaction. This article delves into the significance of this perspective, its implications for lifestyle choices, and the evolving cultural narratives surrounding bodily autonomy and self-care.

## **The Body as a Living Home: A Holistic Perspective**

Our bodies serve as the primary interface between ourselves and the external world—a living home that shelters our consciousness and facilitates every experience. The metaphor “my body my home” underscores the importance of nurturing this connection, highlighting the body’s role beyond biological functions to encompass emotional and psychological dimensions.

Medical research increasingly supports the idea that physical health and mental states are deeply intertwined. For example, studies on the gut-brain axis reveal how digestive health influences mood disorders and cognitive function. This interconnectedness suggests that treating the body as a holistic home can improve overall quality of life.

Moreover, the concept challenges common societal attitudes that often promote detachment or neglect of bodily needs. In many cultures, the body is seen as something to be controlled or modified for aesthetic or performance reasons, sometimes at the expense of long-term health. Embracing “my body my home” advocates for a balanced approach prioritizing sustainability, respect, and authenticity.

## **Physical Health and Self-Care Practices**

Physical health forms the foundation of treating one’s body as a home. Adequate nutrition, regular exercise, and sufficient rest are critical components of maintaining this sanctuary. The World Health Organization estimates that non-communicable diseases linked to lifestyle choices account for nearly 71% of all deaths globally, underscoring the significance of proactive self-care.

Nutrition plays a pivotal role in body maintenance. Diets rich in whole

foods, vitamins, and minerals support cellular repair and immune function. Conversely, processed foods and sedentary habits contribute to chronic inflammation and metabolic disorders. Recognizing the body as a home encourages mindful eating patterns that honor bodily signals rather than external pressures or trends.

Exercise, too, reinforces the structural and functional integrity of the body. Beyond physical benefits such as cardiovascular health and muscular strength, regular activity boosts mental health by releasing endorphins and reducing stress. Integrating movement as a form of home maintenance aligns with the philosophy that caring for the body nurtures the entire self.

## **Mental and Emotional Well-Being Within the Home of the Body**

“My body my home” extends beyond physicality into the realm of mental and emotional health. Psychological well-being is intimately linked to how individuals perceive and inhabit their bodies. Body image, self-esteem, and emotional regulation are influenced by this relationship.

Trauma or chronic stress can disrupt the harmony of this internal home, manifesting in psychosomatic symptoms or disordered behaviors. Therapeutic approaches such as mindfulness, somatic experiencing, and body-centered psychotherapy seek to restore congruence between mind and body, promoting healing and resilience.

Culturally, the narrative around body autonomy has gained momentum, emphasizing the right to self-determination and respect for bodily integrity. Movements advocating against body shaming, discrimination, and coercion reflect a societal shift towards honoring the body as a personal and inviolable home.

## **Challenges and Opportunities in Embracing “My Body My Home”**

While the concept is empowering, practical challenges often impede its realization. Modern lifestyles characterized by stress, environmental toxins, and technological saturation can erode the sanctity of the body as a home. Additionally, socio-economic factors influence access to healthcare, nutritious food, and safe spaces for physical activity.

Healthcare systems sometimes adopt fragmented approaches that treat symptoms rather than addressing holistic needs. Integrative medicine, which combines conventional treatments with complementary therapies, offers an emerging model aligned with the “my body my home” philosophy. This approach emphasizes patient-centered care, prevention, and the integration of physical, mental,

and spiritual health.

Technology, paradoxically, both challenges and supports this paradigm. Digital devices can lead to sedentary behavior and sensory overload, but they also provide platforms for health education, virtual fitness, and telemedicine. The key lies in mindful engagement that respects bodily rhythms and boundaries.

## Environmental Influences on the Body as Home

The environment in which the body resides significantly affects its health. Pollution, climate change, and urbanization introduce risks that compromise the quality of this living space. For instance, exposure to air pollution has been linked to respiratory diseases and systemic inflammation, illustrating how external conditions impact internal homeostasis.

Sustainable living practices, such as reducing chemical exposure, engaging with nature, and supporting eco-friendly products, align with the philosophy of treating the body as a home. These choices reflect a bidirectional relationship where caring for the environment supports bodily health, and vice versa.

## Practical Steps to Cultivate a Healthy Body Home

For individuals seeking to embody the principle of “my body my home,” several actionable strategies can foster this mindset:

- **Develop a personalized self-care routine:** Incorporate nutrition, exercise, and rest tailored to individual needs and preferences.
- **Practice mindfulness and body awareness:** Engage in meditation, yoga, or breathing exercises to enhance the connection with bodily sensations.
- **Seek holistic healthcare:** Utilize integrative approaches that consider physical, emotional, and social factors.
- **Create supportive environments:** Design living and working spaces that promote comfort, safety, and well-being.
- **Advocate for bodily autonomy:** Participate in social movements that protect rights and challenge harmful norms.

Adopting these steps not only improves individual health outcomes but also contributes to a cultural shift that values bodies as sacred homes deserving of respect and care.

The exploration of “my body my home” reveals a rich tapestry of interrelated factors shaping human health and identity. As society progresses, embracing this philosophy promises to redefine how we relate to ourselves and the world, fostering a future where the body is honored as the ultimate sanctuary.

## **My Body My Home**

**my body my home: My Body, My Home** Victoria Emanuela, Caitlin Metz, 2020 My Body, My Home is a guide, a meditation, a tender opportunity, and a journey back home to yourself. It's an invitation to rewrite the stories of your body, explore embodied ways of being, and uncover how deeply you belong to yourself, others, and the universe. May this book be a refuge to marvel at the nuance and complexity that makes you remarkably human.--Back cover.

**my body my home: A Guest in my House** David M. Guddy Jr., 2015-07-17 A Guest in my House, this title is about having a guest or ghost-spirit in your house with you. It may take some time to figure this out, as you hear voices from nowhere, or see shadows lurking around with no explanation, maybe there are spirits that didn't cross over or lost. In this book many questions will be answered. What happens the moment we die? Is there a light? Are angels and demons real? Is Lucifer real, can he appear? Of the guests that were in my house, I have collected their stories all of over 70 spirits, explaining exactly how they died and their personal experience, age, name, and year that they passed on. I also interviewed demons, angels, and yes, Lucifer, all real true stories, that I am sure you would love to read. This is a must read book that you just can't avoid to pick up.

**my body my home: My House by the Sea** Pippa Newnton, Holidaying in Crete for the first time without her boyfriend David, Sam is rescued from drowning by Alexis, a Greek treasure seeker. When she is turned out of her holiday house he takes her to his villa, where she meets his mother and has adventures on his yacht. But all is not as it seems. There are mysteries to solve, relationships to figure out, and lurking danger on the island.

**my body my home: This Moment Is My Home** M. H. Anifantakis, 2012-05 Bob is being stalked by an ex-husband, but his real problem is spiritual. He is helped by an interdimensional being, who protects and guides him to the truth about a strange supernatural mystery he and a friend had encountered as young men.

**my body my home: Home** Arien Mack, 1995-07 Home, wrote Robert Frost, is the place where, when you have to go there, they have to take you in. And yet the idea of home has, in the modern world, become extremely problematic. Robert Frost's words tellingly illustrate the centrality of home to the human experience, as an unconditional haven that one simply has, without having to earn. Yet, we live at a time when the idea of home has become extremely problematic. Our homeless fill America's streets and shelters; the comfort of home is increasingly threatened by urban violence; and the world-wide plight of those exiled or fleeing from their homelands due to civil war, starvation, or political repression seems relentless. The idea of home, bound as it is in family and in the roles of men and women, has a deep resonance that is not fully captured by its use as a social and political slogan. What is its history and ideology? What has it meant and how has its meaning changed? Home moves us perhaps most powerfully as absence or negation. Homelessness and exile are among the worst of conditions, bringing with them alienation, estrangement, and the feelings of greatest despair. This volume, based on a multi-institutional collaboration between the New School for Social Research and five major New York City museums, and its resulting conference, convenes many of America's top scholarly minds to address historical and contemporary meanings of home. Among the issues specifically addressed are the artistic rendition of home in art and propaganda; literary meanings of home; exile through the ages; homelessness past; homelessness in Dickens; the

homeless in New York City history; alienation and belonging; slavery and the female discovery of personal freedom; and, more generally, the home and family in historical perspective. Contributing to the volume are Breyten Breytenbach, David Bromwich (Yale University), Sanford Budick (Hebrew University of Jerusalem), Stanley Cavell (Harvard University), Mary Douglas, Tamara K. Hareven (University of Delaware), Eric Hobsbawm (Cambridge University, Emeritus), John Hollander (Yale University), Kim Hopper (Nathan Kline Institute for Psychiatric Research), George Kateb (Princeton University), Alexander Keyssar (Duke University), Steven Marcus (Columbia University), Orlando Patterson (Harvard University), Joseph Rykwert (University of Pennsylvania), Simon Schama (Harvard University), Alan Trachtenberg (Yale University), and Gwendolyn Wright (Columbia University).

**my body my home: Growing in the Character of Christ** Harold Carter, Jr., 2010-03-30 Harold Carter uniquely takes biblical study, theology, psychology and spirituality and blends them with his own style of intellect, hermeneutics, anecdotes and, interestingly, the usage of many of life's axioms, and develops a fresh perspective on what it means to be obedient to God. Carter brings the reader into an appreciation of wanting to please God by being obedient to what God does not want.

**my body my home: Coming for to Carry Me Home** J. Michael Martinez, 2011-12-22 Coming for to Carry Me Home examines the history of the politics surrounding U.S. race relations during the half century between the rise of the abolitionist movement in the 1830s and the dawn of the Jim Crow era in the 1880s. J. Michael Martinez argues that Abraham Lincoln and the Radical Republicans in Congress were the pivotal actors, albeit not the architects, that influenced this evolution. To understand how Lincoln and his contemporaries viewed race, Martinez first explains the origins of abolitionism and the tumultuous decade of the 1830s, when that generation of political leaders came of age. He then follows the trail through Reconstruction, Redemption, and the beginnings of legal segregation in the 1880s. This book addresses the central question of how and why the concept of race changed during this period.

**my body my home: My Home Is Where My Heart Is** Edith Gross Prigge, 2018-03-05 My Home is Where My Heart Is-and my heart is right here in the Northwoods of Wisconsin. Yet part of me will always belong to the old country since two of my kids and their families still live in Switzerland. I am remarried now and also have four stepchildren and five step-grandchildren. All together we have eight kids now, and four of them live within sixty miles from us. How much better could I have it? Some of my great-grandkids live in the area too, and so we can also be part of their lives. But being retired gave us the time to visit the others more often. Dennis Prigge and I were married in July 2002. He lived in Missouri and I was here in the Northwoods. At first I thought I would move, to be with him, after I retired. Then one day Dennis asked me, What would you say if we stay right here in Wisconsin? He said I lit up like a Christmas tree! Oh, yes-I would like to stay right here, where I have lots of family and friends. So in November 2002 we bought this little log cabin. I retired in February 2004, and now we have the rest of our lives to remodel our little log cabin in the woods. It is still a work in progress. But I now can sit back and enjoy the last years of my life, however many it will be. My heart has finally found peace and happiness!

**my body my home: DOLORES: My Journey Home** Catherine Paiz, Riley J. Ford, 2025-06-06 She had the perfect life. Until she chose a braver one. Catherine Paiz grew up far from the spotlight, in the vibrant multicultural city of Montreal, Canada, where her dreams began. When her path led her to Los Angeles, she built a life that seemed like a fairytale: love, children, and a pioneering YouTube career that influenced millions. As part of The ACE Family, she became a familiar face around the globe. But behind the scenes, Catherine was carrying heartbreak, facing betrayal, navigating intense public scrutiny, and slowly losing herself. When everything she built began to unravel, she set out on the most important journey of all—alchemizing her pain into strength, transforming her life, and finding her way back to the woman she was always destined to be. This is the true story of a life that looked perfect, and the brave heart who stepped beyond the picture to find something real.

**my body my home: Talking Dance: Contemporary Histories from the South China Sea** Ralph Buck, Nicholas Rowe, Toni Shapiro-Phim, 2016-05-12 The South China Sea has a rich and

turbulent history. Today territorial disputes in the region including China, Taiwan, Vietnam, Philippines and Indonesia make it potentially one of the most dangerous points of conflict in Asia and millions of people have crossed its waters in search of safer shores. This new book reveals the ways in which the peoples of the South China Sea region have used dance as a means of contending with the immense political, economic and cultural rifts that have affected their lives. Drawing on the stories of indigenous dancers in southern China, the Philippines, Indonesia, Singapore, Malaysia, Thailand, Cambodia, Laos and Vietnam, it offers unique insights into the ways in which people have used creative movement as a means of understanding the divisions and alienation that conflict, diaspora and globalization have brought and as a first step towards reclaiming their identities and their worlds.

**my body my home:** *Singing Out Loud* Marilee Eaves, 2025-07-30 Born during World War II, Marilee Eaves has long struggled to fit into the New Orleans elite—secret Mardi Gras societies that ruled the city—into which she was born. Then, as a student at Wellesley, she's hospitalized at McLean psychiatric hospital, where she begins to realize how much of herself she's sacrificed to blend into and be fully accepted by the exclusive and exclusionary white Uptown New Orleans culture to which she supposedly belongs. In *Singing Out Loud*, Eaves tells of her journey to stand on her own two feet—to find a way to be grounded and evolved in the midst of that culture. Along the way, she wrestles with bipolar disorder, alcoholism, and the effects of her bad (heartbreaking, and sometimes hilarious) choices. Raw and funny, this book offers hope and encouragement to those willing to be vulnerable, address their issues, and laugh at themselves in order to embrace who they truly are.

**my body my home:** *On My Way Home* Christoffel Hendrickx, 2019-09-26 In a time of global awakening, a young woman and an enigmatic man fortuitously meet far away from home. Marina and Tiger try to make ends meet and look for the best life has to offer. Soon, their expectations clash, and after a climactic conflict, they break up. As Tiger drifts away, Marina is inspired by his notes and determined to write down his story as he would have told it, learning more about herself and the true nature of love in every scribble. Tiger's story is a turbulent tale of a sensitive man who tries to understand the world and wants to elevate it to a more humane state. He is chased by a series of strange coincidences that challenge him to adjust his view and purify his mind. With settings in some of the most beautiful places on earth, *On My Way Home*, dissects our world and reveals its true nature. The reader has a choice: read the book as Tiger's rollercoaster ride into awareness or as Marina's testimony to the challenges of unconditional love.

**my body my home:** *Don't Ever Tell* Kathy O'Beirne, 2013-03-15 'I feel my story had to be told. So much evil was done there was a voice inside me shouting, Justice.' With no one to confide in, Kathy suffered in silence as she was battered by her father and molested by local boys. At the age of eight, she was torn from her family and incarcerated in a series of Catholic homes. When she was sent to a psychiatric unit, she suffered terrifying electric- shock therapy and further cruelty at the hands of her supposed carers. After ending up in a Magdalen laundry, she fell victim to sexual abuse and gave birth to baby Annie just weeks before her fourteenth birthday. *Don't Ever Tell* is Kathy's harrowing account of her ruined childhood and of her subsequent fight for justice.

**my body my home:** *Voyage Throughout Planet Guoke* Hope Grace, 2025-01-01 *Voyage Throughout Planet Guoke* is a novel inspired by the real-life experiences of Zhang XiangQian. While the characters and events within these pages are fictional, the portrayal of Guoke Planet and its extraordinary technologies is grounded in Zhang's personal encounters and insights. For those interested in a deeper exploration of alien technology, Zhang has published *United Field Theory - Extraterrestrial Technology*. Readers who wish to learn more about the technologies described in this novel may find additional insights in that work. At its heart, this novel blends science fiction with philosophical exploration, pushing the boundaries of our understanding of technology, identity, and the human experience. *Guoke Planet* introduces readers to advanced innovations -- from instantaneous transport to body replication and consciousness transfer -- inviting us to consider the potential of such developments in our own reality. But beyond the marvels of technology, this story

delves into the complex, often unsettling relationship between humans and the unknown. Zhang's journey is not merely one of discovery; it is a confrontation with profound questions about existence, relationships, and the merging of mind, body, and machine. His encounters with the inhabitants of Guoke Planet test the very essence of what it means to be human. While the narrative takes creative liberties to craft a thrilling and immersive world, the essence of Guoke Planet's technologies -- their vision, power, and potential -- remains rooted in Zhang's own experiences. This journey serves as the foundation for the tale, blending fact with fiction to explore the limits of our universe and the mind. It is my hope that you, the reader, will find as much fascination and wonder in Guoke Planet as Zhang did in his remarkable journey. Prepare for a voyage where the lines between imagination and reality blur. Welcome to a world of extraordinary possibilities -- both beautiful and unsettling. Enjoy the voyage!

**my body my home: Coming for to Carry Me Home ,**

**my body my home: If You Knew My Sister** Michelle Adams, 2025-09-23 From debut author Michelle Adams comes a novel of psychological suspense, where a woman returns to her family's home to learn the truth and escape her sister's influence. If you knew my sister, you'd run too... First there was the Robert Kneel incident. Then what happened to Margot Wolfe. And now she's found me again. Dr. Irini Harringford was given away by her parents just before her fourth birthday. Although she has spent her whole life trying to convince herself she doesn't need them, deep down Irini longs to understand why she was abandoned, while her parents kept her older sister, Elle. So when Elle gets in touch with news that their mother has died, Irini reluctantly agrees to return to the family home. But she is ill at ease. She and Elle are not close. Irini knows only too well what Elle is capable of. Inexplicably drawn to her enigmatic sister, yet terrified of the sway she holds, Irini tries to protect herself even as she is sucked back into her family's toxic web of secrets...and soon realizes that the past is more complicated than she imagined, and that her very future rests upon discovering the truth about why she was really given away.

**my body my home: *Things That Break Us*** Lisa Felkins, 2025-09-30 SOME TRUTHS ONLY REVEAL THEMSELVES WHEN EVERYTHING ELSE FALLS APART. Tessa Williams is doing everything right—at least on the surface. At twenty-five, she's an American medical student, fulfilling her father's dreams, completing a clinical rotation in Botswana, Africa. But beneath her polished exterior, she's unraveling—haunted by an abusive relationship, burdened by expectations, and increasingly unsure of what she wants for herself. A weekend escape to a remote safari lodge—and an unexpected connection with Corey Diallo, her South African guide with grief of his own—changes everything. What begins as a chance encounter becomes something deeper, forcing them both to confront the pain they've buried...and the lives they've been told to want. Spanning twelve years and two continents, *Things That Break Us* is a sweeping, emotional debut about the invisible wounds we all carry, the expectations that shape us, and the moments that define who we become. It's a novel that asks: How do we let go of others' expectations to build the life we truly want? Not the one others planned for us. Not the one that looks good. But the one uniquely, wildly, and solely ours. Because, sometimes...it takes being far from home to finally come home to yourself.

**my body my home: *Kairos: Phenomenology and Photography*** Cheung, Chan-fai, 2010-01-01

**my body my home: *A Lighter Side to Cancer*** Sandra Miniere, 2012-09 A *Lighter Side to Cancer* shares Sandra Miniere's uplifting story and offers life-saving information about how to treat and prevent cancer using an integrative approach-body, mind, spirit and environment. Twenty-seven authors and doctors share valuable information about the approaches she used to heal her body, mend her ways and change her life. The book includes stories by 12 cancer patients who participated in their own healing and accomplished successful results. *A Lighter Side to Cancer* is an enjoyable read and a call to action--a time to think and do outside the box. It is a book of possibilities and hope. In sharing her journey, Sandra inspires people to embrace their healing as they explore integrative treatment options, make informed decisions and remain open to divine intervention.

**my body my home: *On Thriving*** Brandi Sellerz-Jackson, 2025-01-07 A renowned doula shares powerful lessons on healing and thriving through the murky seasons of life in this moving, intimate

guide to deeper self-awareness and radical joy. “This book is a beacon of resilience. . . . A must-read for anyone committed to growth.”—Erica Chidi Cohen, author of *Nurture We’ve all been there: We take a pause, look at our lives, and desire more—more from our relationships, more from our wellness journeys, maybe simply more from ourselves*. For some, it might be more fun, more peace, more exploration—but what does it take to get to the other side of living in survival mode? In *On Thriving*, Brandi Sellerz-Jackson helps us wade through what she calls the four great labors of our lives—labors that she’s had to overcome and that she has led many clients through. Drawing from her experiences as a doula and intimate storytelling from her own life, Sellerz-Jackson guides us through the many phases of these great labors—labors that we can get stuck in, stunting our ability to thrive. Across age, gender, economic status, or background, we all move through the great labor of our relationships, our mental health, grief and loss, and the feeling of being othered. Sellerz-Jackson doesn’t shy away from the pitfalls of these labors but rather challenges us to actively remain present within them and ask ourselves: What do I need to thrive in the space I’m currently in? In *On Thriving*, you’ll come to recognize the survival tools you’ve picked up along the way and exchange them for thriving tools and “rich-uals.” You’ll commit to no longer making a home out of chaos and rediscovering sanctuary within yourself. Comparing our thriving to that of plant life, Sellerz-Jackson simplifies the complicated—and oftentimes overwhelming—journey as we attempt to grow in an inhospitable environment. With insightful and vulnerable storytelling, she invites a deep, soul-stirring investigation of our past and present to gather all that we need to thrive right where we are, right now.

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[illegible]

**Thinking about moving my family back to NJ. -** My background includes African-American, Puerto Rican, and Cuban heritage. I prefer urban or suburban settings with an affordable cost of living,

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