BOOKS FROM FRANCE

When the Body is Out of Balance

Restore Harmony and Fight Illness

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What if all we had to do was listen to the signals our bodies send us?

When it comes to rethinking the way we live, how about starting with our bodies? We've stopped listening to them, instead forcing them to conform to our modern lifestyles. And yet our bodies are increasingly breaking down: minor inflammations, deep exhaustion, chronic pain… Drawing on insights from medicine, sociology, and journalism, Stéphanie Brillant conducts an investigation into how we might learn to live better in the bodies we're given.

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