

The Anatomy of **CHANGE**

*A Way to Move Through
Life's Transitions*



Richard Strozzi Heckler

The Anatomy of Change

Richard HECKLER

The body's innate capacity for feeling, intuition, and compassion can enable us to heal our physical and emotional wounds. In *The Anatomy of Change*, Richard Heckler draws on Aikido and Lomi Body Work to demonstrate how a set of practices can bring new awareness and choice into our daily life.