



An imprint of John Hunt Publishing Ltd

[www.o-books.net](http://www.o-books.net)

Available from:

Orca Book Services in the **UK & Europe**

NBN in **US**

Brumby Books in **Australia**

**Media Contact:** Catherine Harris

**Email:** [catherine.harris@o-books.net](mailto:catherine.harris@o-books.net)

Email: [orders@orcabookservices.co.uk](mailto:orders@orcabookservices.co.uk)

Email: [custserv@nbnbooks.com](mailto:custserv@nbnbooks.com)

Email: [sales@brumbybooks.com.au](mailto:sales@brumbybooks.com.au)

# WHAT A BODY KNOWS

*Finding Wisdom in Desire*

**Kimerer L. LaMothe PhD**

**Publication date: April 2009**

There is wisdom in desire. It is a wisdom impelling us to move in ways that align our pleasure with our health and well-being. Yet trained as we are in mind over body ways of living, we tend to perceive our desires as unruly forces that we must control or be controlled by. We blame our desires for our dissatisfaction. We have learned to ignore what our bodies know.

In response, *What a Body Knows* offers a new philosophy of bodily becoming that welcomes our desires as the best resources we have in guiding us to the health and well-being we seek. Focusing on our desires for food, sex, and spirit, LaMothe explains how we can shift our experience of these desires, and learn to find, trust, and move with the wisdom they contain.

*I simply cannot praise the book enough! The prose is positively brilliant. It is full of sparkling gems of insight and astonishing, concise yet profound formulations. The nature passages remind me of Annie Dillard. It is truly a remarkable achievement!*

--**Miranda Shaw, Ph.D.**, University of Richmond, author of *Buddhist Goddesses of India*

*It has been a holistic pleasure to read this book, to live with this book. The book beckons its reader to respond to reading the pages with all forms of movement: new life, change, growth and new, more evolved bodily consciousness. This text should have quite an impact on those lucky enough to read it. Bravo.*

--**Courtney Bickel Lamberth, Ph.D.**, Assistant Dean, Harvard College

**Author Information:** Kimerer LaMothe, award-winning author, philosopher, and dancer, is co-founder of *Vital Arts*, a center for arts and ideas in upstate New York. She earned her doctorate in the Study of Religion from Harvard University. After teaching at Brown and then Harvard Universities, and receiving fellowships for her writing and dancing from the Radcliffe Institute for Advanced Study and the Center for the Study of World Religions, she moved with her partner and their four children to the farm where she wrote this book. Her earlier books include: *Nietzsche's Dancers* (Palgrave MacMillan) and *Between Dancing and Writing* (Fordham University Press). Visit [www.vitalartsmedia.com](http://www.vitalartsmedia.com).

What a Body Knows  
Kimerer L. LaMothe PhD

O-books; £11.99;\$24.95; Paperback; 340pp; ISBN 978-1-84694-188-7; **May 2009**

O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

[www.o-books.net](http://www.o-books.net)

Editorial office: O Books, The Bothy, Deershot Lodge, Park Lane, Ropley, Hampshire, SO24 0BE, UK