



The Fasting Path: For Spiritual, Emotional, and Physical Healing and Renewal

Stephen Harrod Buhner

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Unleash the power of fasting to help you discover your sacred self.

A centuries-old tradition, fasting has historically been recognized as a way to heighten human sensitivity to all things-animate and insensate-in the universe. Ancient cultures understood the link between the physical, the emotional, and the spiritual experience and acknowledged fasting as a means for making this connection.

The Fasting Path is a guide to help readers safely and effectively use fasting to tap into the sacred energy of the earth. Author Stephen Buhner explains how fasting allows us to experience fully the intricate relationship of the mind, body, and the spiritual world. Step by step, Buhner leads readers through the fasting process, preparing them to embrace the physical, emotional, and spiritual healing resulting from this transformational phenomenon.

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