

## REVIEW EXCERPT FROM:

[Pathways Book Review Column for Fall 2010](#)

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[Pathways Magazine](#)

## EXCERPTED:

### **Full Body Presence by Suzanne Scurlock-Durana**

Publisher: New World Library

232 pages, \$14.95, ISBN 978-1-57731-860-6

Author website: [www.fullbodypresence.com](http://www.fullbodypresence.com)

It's rare to find a teacher and healer who has brought forth something genuinely new. But Scurlock-Durana is just such a teacher. For 25 years, she has taught an extraordinary series of exercises that... Help. You. To. Fit. Inside. Your. Body.

You know, that physical container neglected by so many of us New Agers!

*Full Body Presence* published by New World Library is actually a second edition of a self-published book – so allow this success story to inspire all of you struggling Pathways self-publishers. If anyone has earned huge success, it's Suzanne.

This much-loved teacher and healer has carefully worked out a systematic introduction to help any reader develop a stronger, more grounded, physical presence. Her method is unlike any program I have encountered during my 41 years of fascination with the woo-woo.

In this how-to, the discerning reader can find a full explanation of Suzanne's underlying and highly original theory base. It's laid out carefully, like building a Taj Mahal out of Legos. Meticulous craftsmanship, in Suzanne's case, reflects hours and years of refining her system.

How best to explain those life-changing exercises? You learn to pay loving, non-judgmental attention to your physical body, how it feels from the inside. Once you have established contact with the infinite inner variety of your physical presence, Suzanne's method coaches you to use your awareness to heal, to relax, to live as a much stronger body-based human.

Hey, you want to see a sample of how expertly this guide takes you on an internal voyage? Below, Suzanne leads us into one of her brilliant discoveries, an exercise for Healing the Internal Resistance to Life. (In quoting, for readability, I have added extra paragraph breaks.)

*Whenever we are consciously waking up and becoming more energized, there is a part of us that is afraid to take the next step, the step that brings us into more aliveness.*

*The word for this feeling is “resistance.” It surfaces when we want to do something beyond our comfort zone, something outside our known world.*

*Resistance is different from having a healthy boundary and saying “no” when something is not right for us. Resistance is that part of us that is afraid to move forward; it says “never,” “I can’t,” or “I shouldn’t.”*

*Many of our unhealthy and unproductive behaviors originated as a means of self-protection. We learned to withhold our opinions, do what we were told, follow an unacceptable career path, marry an acceptable partner, keep our anger under wraps or use it as a shield, dress in a way that doesn’t draw attention – the list goes on and on.*

*Until we start to wake up, to explore what’s inside us, we hardly notice we are living by rules that stifle us.*

That’s resistance, all right. By contrast, don’t resist buying this book! It’s a huge bargain. The cover price of \$14.95 brings you even more than the illustrated 232 pages. You gain free access to sound files. To me, that’s Suzanne’s even greater teaching talent than her writing:

That flow of instructions! That Mother Earth voice! Suzanne coaches you into an unforgettable Be Here Now with your physical self.

Either way, through her sound files or this book’s clear prose, what happens when you learn how to pay loving, inspired, oomphy attention to your physical self?

- Healing, that’s what.
- Imagine, the opposite of attention deficit. Full-bodied attention paid to you, that’s who.

The result is a very special kind of muscle: Presence.

As an aura reader, I delight in an author who practices what she preaches. It’s really worth learning how to read auras from photos just to check out details about Suzanne’s own energy presence. When she enters a room, you can feel it.

To sum up, if ever you have wanted to have a big, juicy, freed-up, muscular presence, try the well tested techniques in this book. Discover what a difference it makes, inhabiting your physical body more fully. Suzanne’s aura is her own best advertisement for a book that really delivers.