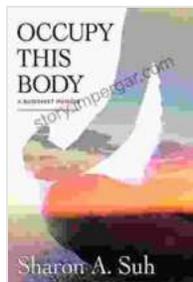


# Occupy This Body: Embracing the Radical Truth of Your Lived Experience



**Occupy This Body: A Buddhist Memoir** by Sharon A. Suh

★★★★☆ 4.7 out of 5

Language : English  
File size : 891 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 236 pages



In her groundbreaking book, *Occupy This Body*, Susie Mantell shares her personal journey of recovery from anorexia, addiction, and depression. Through her raw and honest account, Mantell reveals how she found lasting peace and freedom through the transformative teachings of Buddhism.

*Occupy This Body* is more than just a memoir. It is a powerful guide that offers readers the tools they need to heal their own traumas, transform their suffering, and awaken their true nature. Mantell's writing is both deeply personal and universally relatable, and her insights are sure to resonate with anyone who has ever struggled with pain or addiction.

## **The Power of Mindfulness and Compassion**

At the heart of *Occupy This Body* is the power of mindfulness and compassion. Mantell teaches readers how to cultivate these qualities in their own lives, and shows how they can be used to heal trauma, reduce suffering, and promote well-being.

Mindfulness is the practice of paying attention to the present moment without judgment. When we are mindful, we are able to see our thoughts and feelings clearly, and to respond to them with wisdom and compassion. Compassion is the practice of extending love and kindness to ourselves and others. It is a powerful force that can heal our wounds, build bridges, and create a more just and peaceful world.

### **The Radical Truth of Your Lived Experience**

One of the most important themes in *Occupy This Body* is the radical truth of your lived experience. Mantell believes that each of us has a unique story to tell, and that our stories matter. She encourages readers to embrace the truth of their own experiences, no matter how painful or difficult they may be.

When we embrace the truth of our lived experience, we are able to see ourselves more clearly. We can see our strengths and our weaknesses, our hopes and our fears. And we can begin to heal the wounds that have been holding us back.

### **Awakening Your True Nature**

The ultimate goal of *Occupy This Body* is to help readers awaken to their true nature. Mantell believes that each of us has an inner light that is waiting to be discovered. This light is our true nature, and it is a source of infinite love, joy, and peace.

When we awaken to our true nature, we are able to live our lives with greater purpose and meaning. We are able to let go of the things that no longer serve us, and we are able to embrace the fullness of our potential.

## **A Revolutionary Guide to Healing and Transformation**

Occupy This Body is a revolutionary guide to healing and transformation. It is a book that will change your life. If you are ready to heal your traumas, transform your suffering, and awaken to your true nature, then this book is for you.

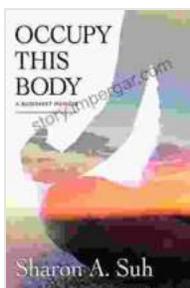
Embrace the truth of your lived experience. Awaken to your true nature. Occupy this body.



DR. SHEFALI  
TSABARY

February 10

*A Big Conversation on*  
RADICAL AWAKENING



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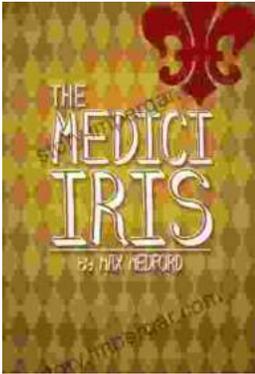
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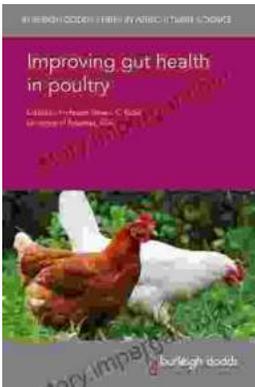
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