

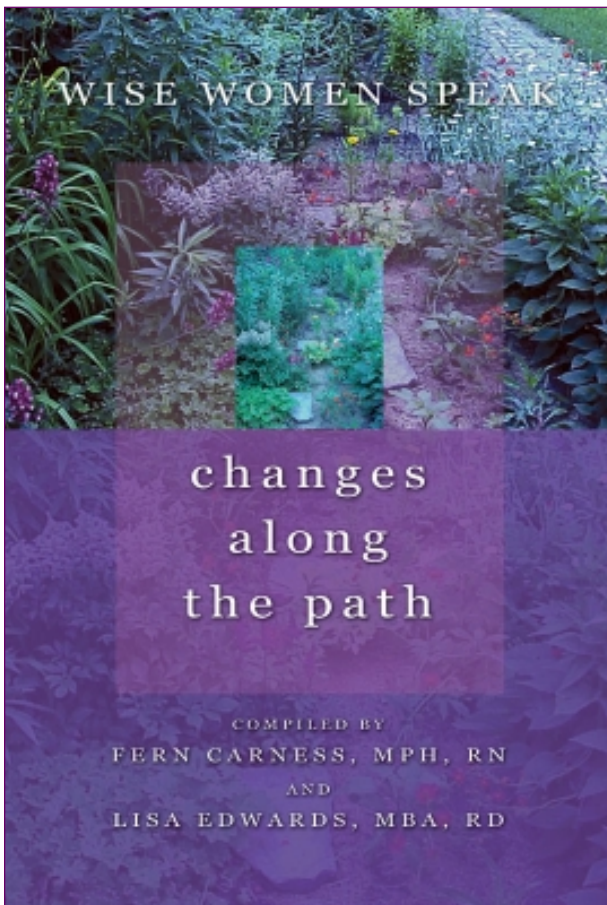
Finding and feeling the connection to a physical and cultural inheritance isn't just Kim Cottrell's story, it is every woman's story. For Kim, it's a journey toward reintegrating the wandering parts of her internal and external self.

A Body

Like Hers

Reflections on an Inheritance

by Kim Cottrell, MS, GCFP



Letting Go of a Legacy

One evening last winter, while lovingly washing my Aunt Rose's back, offering what comfort I could in her last weeks, I was suddenly conscious of knowing her body. Her gently rounded back seemed very familiar, and I immediately saw images of standing by my mother's bed as she lay dying twenty years earlier; moving a washcloth over nearly identical shoulders and ribs.



In this chapter from *Changes Along the Path*, the third book in the *Wise Women Speak* series, Kim Cottrell shares her personal story of caring for her aunt and mother as they were dying. Drawing on her extensive knowledge of how people change, she invites you to discover the wealth that lies hidden in your own family history and encourages you to invest that wealth on a rewarding journey toward greater resolution and peace.

To order your copy of *Changes Along the Path*, please send check or money order for \$20, plus \$5 shipping (in the U.S.), payable to

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