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**March 12th 2013: Is your body your buddy?**

When you wake up in the morning and catch sight of your body in the mirror, what do you say to yourself? If your body were your best friend, would you treat it more kindly? What if you could create your body the way it would like to be, even if what that is flies in the face of other people's points of view about what it should be? Could your body be a contribution to your life and living? Does it communicate with you continuously? And, what if you could receive what it's telling you and use it to your advantage? Join us on the Value of Controversy as we contribute to creating as much cha

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