



# Walking on the Wind: Cherokee Teachings for Harmony and Balance

*Michael Tlanusta Garrett*

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## **Walking on the Wind: Cherokee Teachings for Harmony and Balance** Michael Tlanusta Garrett

In the spirit of the highly acclaimed *Medicine of the Cherokee*, coauthored with his father J. T. Garrett, Michael Garrett shares with us the delightful, all-ages stories passed down from his great-grandfather and other medicine teachers. Blending his background as an Eastern Cherokee with his skills as a counselor, Michael reveals through these tales how to make sense of our experiences in life, see beauty in them, and be at peace with our choices.

"Michael's blend of traditional Cherokee ways with that of science and psychology illustrates that both Native and non-Native peoples can learn to thrive together...for the betterment of all" --*Native Peoples* magazine

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