



Body Intelligence: Harness Your Body's Energies for Your Best Life (Paperback)

By Joseph Cardillo

Atria Books, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. From the holistic psychology expert and author of the mind-body-spirit classic Be Like Water, comes a serious breakthrough in tapping the body-mind connection (Carl O. Helvie, RN, PhD, host of The Holistic Health Show) with revolutionary methods to help you find the physical and psychological energy you need to live a vibrant life. Have you ever told yourself to power through and put mind over matter--but found yourself hitting a wall, day after day after day? We're all familiar with this positive thinking approach for managing our lives and getting through rough times. Ironically, these methods often fail us because we end up wearing ourselves down by the effort it takes to constantly maintain such an upbeat outlook. So what if instead of working to fix our mindset for better energy, we synced our body's energy to create a better mind? In Body Intelligence, Joseph Cardillo, PhD, combines Western science, technology, psychology, and holistic medicine to show that we must first balance the body's energies before we can enhance the mind. Based on cutting-edge ideas, Body Intelligence teaches us to tap into our energetic...



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Reviews

Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mr. Roger Luetgen III**

Merely no phrases to describe. Better then never, though i am quite late in start reading this one. Its been written in an extremely easy way which is merely following i finished reading this publication through which in fact transformed me, change the way in my opinion.

-- **Pedro Renner**