



It's All In Your Head: Change Your Mind - Change Your Health (Capital Ideas)

Mark Pettus

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In America today, many suffer from the "Lifestyle Syndrome," where poor eating habits, lack of exercise, depression and anxiety have caused an epidemic of obesity, high blood pressure, diabetes, high blood lipids, substance abuse, and general poor health, not to mention the cost. We are an addicted society and need to change how we think, feel, and behave to live better and longer. But how?

In "It's All in Your Head," Dr. Mark Pettus tells how he turned his own life around and uses current scientific research to show that the secret to good health has been "in our heads" all the time. The will power to change in a positive manner, he reveals, is a biologic response that can be "turned on" in just four to six weeks to make us "addicted to health."

Dr. Pettus's four-week self-directed program uses positive emotions, meditation, dedicated work, and self-awareness, to begin to achieve health, healing, and life satisfaction. "It's All in Your Head" promises to change your mindset.

Crave activities like exercise, a healthy diet, less stress, and social stimulation as much as a smoker craves the next cigarette.

Gain greater awareness and control over the choices you make and their biological consequences.

Improve blood pressure, heart rate, and metabolic rate

Change your behavior and activities for better physical, emotional, and spiritual health

Create value in your life as you get up and start moving

Transform the fear in your life to greater confidence and well-being.

It's accessible, easy-to-absorb and put-into-action health care.

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Brooke Lambeth:

In this time globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher this print many kinds of book. Often the book that recommended to you personally is It's All In Your Head: Change Your Mind - Change Your Health (Capital Ideas) this guide consist a lot of the information of the condition of this world now. That book was represented so why is the world has grown up. The dialect styles that writer require to explain it is easy to understand. The writer made some study when he makes this book. That's why this book suitable all of you.

Irma Lovern:

What is your hobby? Have you heard which question when you got pupils? We believe that that issue was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person such as reading or as studying become their hobby. You need to know that reading is very important as well as book as to be the issue. Book is important thing to include you knowledge, except your current teacher or lecturer. You get good news or update in relation to something by book. Amount types of books that can you choose to use be your object. One of them is niagra It's All In

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