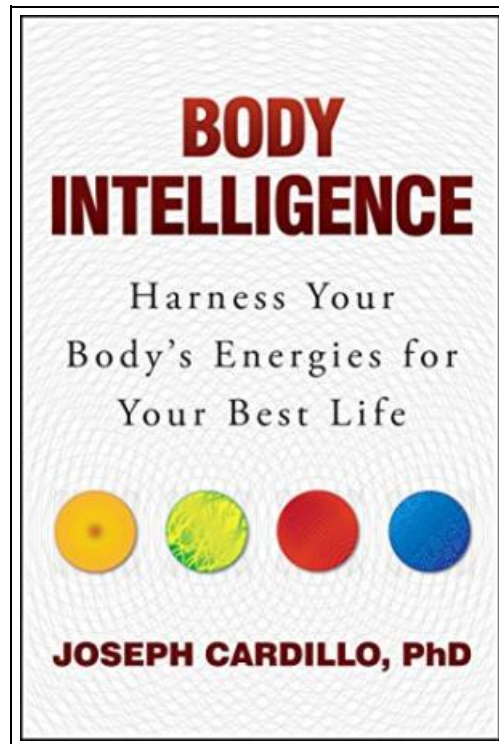


## Body Intelligence: Harness Your Body's Energies for Your Best Life (Paperback)



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### ***Reviews***

*This ebook is wonderful. Of course, it really is perform, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is simply after i finished reading this ebook where in fact changed me, modify the way i believe.*  
*(Prof. Maxwell Stracke)*

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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 sweet spot and identify specific steps we must take to remove energy blocks. Written with an empowering and empathetic tone (Publishers Weekly, starred review) and packed with exercises, self-tests, and step-by-step instructions, *Body Intelligence* provides all the interactive tools for beginners and experienced energy-balancing practitioners alike to improve and understand the specific energy needed to live a happy, healthy, fulfilling life.

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