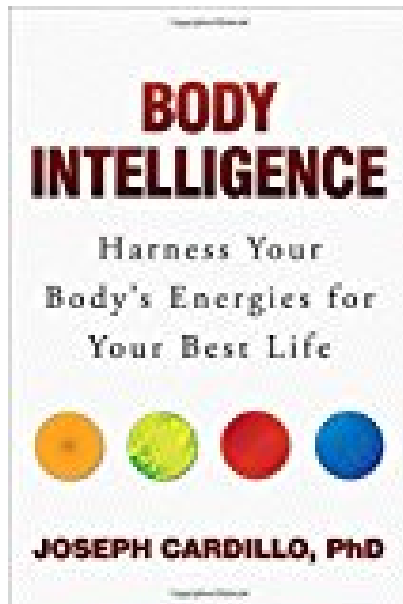


Body Intelligence Harness Your Bodys Energies for Your Best Life



BOOK DETAILS

- Author : Joseph Cardillo PhD
- Pages : 272 Pages
- Publisher : Atria Books/Beyond Words
- Language : English
- ISBN : 1582705186

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BOOK SYNOPSIS

From the holistic psychology expert and author of the mind-body-spirit classic *Be Like Water*, comes a guide filled 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, “fake it until you make it,” put mind over matter—and 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, this perennial guide teaches us to tap into our energetic “sweet spot” and identify specific steps we must take to remove energy blocks. 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. So open the door to a vivacious, vivid life and start living the matter-over-mind way—your best way!

BODY INTELLIGENCE HARNESS YOUR BODYS ENERGIES FOR YOUR BEST

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