

healthy
choices
for
balanced
living

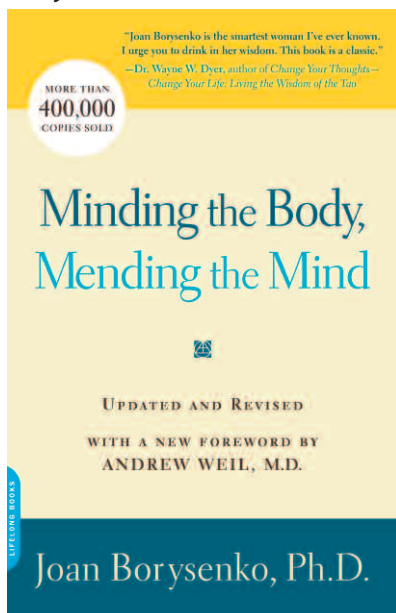
Healing *lifestyles & spas*

Featuring: Da Capo Press

media reviews

Mind Vows

■ These days, we have so much on our minds that it constantly feels like we are fighting a traffic jam in our heads. From the grocery lists to



work deadlines, it is no wonder we find ourselves stressed, run-down, and (at times) a complete wreck. **Minding the Body, Mending the Mind** (Da Capo Press, 2007) may help cure you of your frazzled mind-

set and guide you to relaxation bliss. Joan Borysenko, co-founder and director of the

Mind/Body Clinic, shares her years of wisdom by teaching you how to use your mind power to manipulate your health and negative energies into everyday healthy habits. In each chapter, Borysenko shares interactive ways to apply the mind-body connection into your daily life, starting with gaining control of your thoughts through simple meditation exercises. In addition, she offers a unique stretching regimen that relaxes your major muscles, as well as easy-to-use breathing techniques that can be done anywhere, at any time. Each section ends with useful tips to boost your inner healer like putting up signs to remind you to practice being mindfully aware during everyday activities. After reading this self-help book, you won't need to worry about making a doctor's appointment because you will have the tools to obtain full body balance on your own.

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