

THE MIRACLE OF HEALTH

***SIMPLE SOLUTIONS,
EXTRAORDINARY
RESULTS***



Dr. Uche and Kary Odiatu

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The Miracle of Health Uche Odiatu,Kary Odiatu,2008-12-03 The Miracle of Health is for everyone who wants to live better and longer Dr John Ratey MD author of Spark Clinical Associate Professor of Psychiatry Harvard Medical School Everyone has heard the hows and the whys when it comes to health and fitness so why don t we all look and feel the way we truly desire Good question Our answer Because knowledge alone does not inspire change In The Miracle of Health we will show you how to uncover your own private powerful reasons to take action You will learn the secrets to lifelong health and how to start looking and feeling better immediately The Miracle of Health applies the psychology of success to fitness Learn how to create joy on your journey to fitness find meditation in movement and see for yourself how one positive choice for greater health will create a ripple effect across every area of your life Simple strategies will show you how you really can end your struggle with weight low self esteem lack of energy and poor health start by choosing just one action step Our book is packed with sound nutritional strategies that show how you can enjoy eating out and traveling without the usual guilt and worry about weight gain New topics like mindful eating de junking your house and our Top Foods Nutrition Plan will give you all the tools you need for lifelong success but more importantly after reading The Miracle of Health you will WANT to take action today

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Low-Cost Approaches to Promote Physical and Mental Health Luciano L'Abate,2007-06-06 Most physical and mental health professionals will agree that their time space and funds are generally in short supply even under optimal conditions Their participants clients or patients too will admit to similar deficits of time and patience even with optimal motivation Overburdened mental health facilities are trying to cope with limited budgets and overworked and underpaid personnel Low Cost Approaches to Promote Physical and Mental Health addresses both sides of

this shortfall by offering either self administered or easily administered verbal and non verbal interventions designed to promote positive health behaviors while requiring little or no outside funding Editor Luciano L Abate continues his long tradition of prolific innovations by identifying major changes in today s health care systems and explaining how targeted prescriptive promotion prevention strategies can enhance traditional primary secondary and tertiary interventions in key behavioral and relational areas Nutrition weight obesity control diets meal planning vitamins and minerals herbal supplements Exercise expressive movement relaxation meditation and mindfulness Writing for mental health promotion from structured protocols workbooks to less structured focused expressive and guided writing including diaries and autobiographies Sex sexuality affection intimacy and fear of intimacy Mother child bonding as well as couple and family togetherness Spirituality and forgiveness in dealing with inevitable life hurts and disappointments Friendships and support groups Plus leading edge interventions including emotional intelligence animal companionship and computer technology Reviews of each promotional approach are engaging effective and consistent with standard psychological practice for lasting results either away from or in addition to non clinical and clinical settings schools hospitals seniorcitizen centers etc L Abate and his fifty colleagues have designed a future oriented sourcebook for mental and public health professionals who want to maximize their resources and those of their participants *Body & Soul (Watertown, Mass.)*,2005 **The Athenaeum**

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