



Mind Your Own Fitness: A Mindful Approach to Exercise and Nutrition (Volume 1)

Greg Justice

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"It's fierce." "It's awesome." "It's miraculous." "It's true." These are just some of the phrases that people are using who have discovered the secret to dealing with their bodies and their minds for total fitness, health, and well-being - a grand three-some. They report feeling healthier and happier, while getting the results they've been wishing for, and even seeing some amazing results they didn't expect. What is this wonderful secret behind these good tidings? Mindfulness, an idea that has been around for centuries, and that today has been trying to make its valuable presence known in the fitness world, and it is here for you, in Mind Your Own Fitness. Your body is constantly talking to you and telling you how it feels. You hear it groan with every muscle ache, bellyache, bloat or pain. What if you knew that by simply getting your mind to listen and communicate excellently with your body, you could change your moods, bring you the glow of optimal health, vim and vigor, and especially help you to feel great while exercising to be fit? You can have this and it's "No problem," as kids say, because it's all just about your own mind, and your own body, working together in a way that is best for you.

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