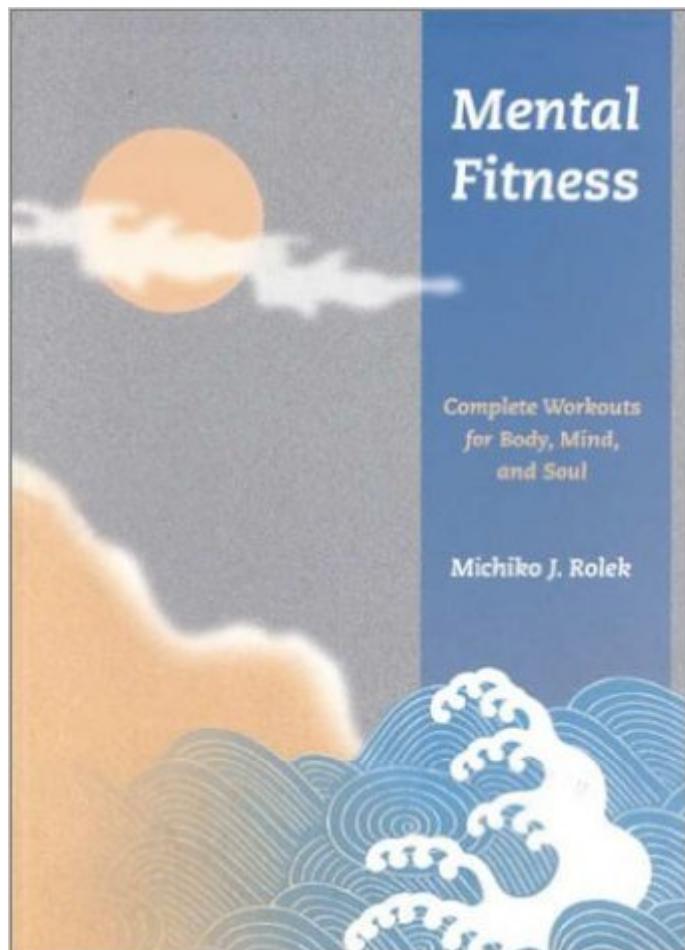


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# Mental Fitness: Complete Workouts For Body, Mind, And Soul



## **Synopsis**

Book by Rolek, Michiko J.

## **Book Information**

Paperback: 96 pages

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## **Customer Reviews**

With all of my heart and soul I recommend this book to anyone who needs love and peace within. It is a great tool for everyday life--it is easy to read and easy to practice. My favorite exercise in the book is the one with a bucket of muddy water--I can relate to this one. This exercise truly helps me to clean my mind. This book is very helpful in developing a healthy mind--to reduce stress and to help you become more aware of your surroundings.

Not only is this book easy to follow and simple to understand and to integrate it into one's daily life, but its vital importance is simple to understand. It is not only for good health, but to be able to understand its philosophy for longevity (both in mind, body and spirit). I bought this book because of its beauty, while fully understanding its important philosophy and practical excersizes for anyone who would like to read it and gain that knowledge for true personal enrichment. Do not let its 'simple' cover or the look fool you, or to merely 'brush it aside'. For it is filled with everything that many are commonly seeking: To find their own true essence and growth of their Self.

I give this work 5 stars because it deserves this and MORE! The lyrical authorship of Michiko J. Rolek flows like a river of poetic purity, yet is CLEAR, concise and on point! Mental Fitness by

genius Life Coach Michiko J. Rolek (Creator of FunZen and Mother of Grace Rolek: voiceover actress) gives practical, down-to-earth instruction on how to meditate with proper Zen techniques and when followed to the letter, brings instant results! Correct balance, breathing and posture from this book will enhance your life in every possible way! You definitely want to pick this book up if you want to enrich your life both spiritually and pragmatically! Rodney L. Richardson Artist/Author of "The Hard Road"

I personally loved this book so much because it brings Meditation down into simple form. With breathing exercises and simple techniques, you can fully comprehend the power of meditation and why it's absolutely necessary to your every day life.

A must read by anyone interested improving themselves and their circumstances from the inside out.

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