



# **It's All In Your Head: Change Your Mind - Change Your Health (Capital Ideas)**

*Mark Pettus*

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In America today, many suffer from the "Lifestyle Syndrome," where poor eating habits, lack of exercise, depression and anxiety have caused an epidemic of obesity, high blood pressure, diabetes, high blood lipids, substance abuse, and general poor health, not to mention the cost. We are an addicted society and need to change how we think, feel, and behave to live better and longer. But how?

In "It's All in Your Head," Dr. Mark Pettus tells how he turned his own life around and uses current scientific research to show that the secret to good health has been "in our heads" all the time. The will power to change in a positive manner, he reveals, is a biologic response that can be "turned on" in just four to six weeks to make us "addicted to health."

Dr. Pettus's four-week self-directed program uses positive emotions, meditation, dedicated work, and self-awareness, to begin to achieve health, healing, and life satisfaction. "It's All in Your Head" promises to change your mindset.

Crave activities like exercise, a healthy diet, less stress, and social stimulation as much as a smoker craves the next cigarette.

Gain greater awareness and control over the choices you make and their biological consequences.

Improve blood pressure, heart rate, and metabolic rate

Change your behavior and activities for better physical, emotional, and spiritual health

Create value in your life as you get up and start moving

Transform the fear in your life to greater confidence and well-being.

It's accessible, easy-to-absorb and put-into-action health care.

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Reading a guide tends to be new life style on this era globalization. With reading through you can get a lot of information that could give you benefit in your life. With book everyone in this world could share their idea. Guides can also inspire a lot of people. Many author can inspire their own reader with their story or their experience. Not only situation that share in the textbooks. But also they write about the ability about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors nowadays always try to improve their expertise in writing, they also doing some study before they write on their book. One of them is this *It's All In Your Head: Change Your Mind - Change Your Health (Capital Ideas)*.

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Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you may have done when you have spare time, and then why you don't try thing that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love *It's All In Your Head: Change Your Mind - Change Your Health (Capital Ideas)*, you can enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

#### **Herbert Turley:**

This *It's All In Your Head: Change Your Mind - Change Your Health (Capital Ideas)* is great book for you because the content that is full of information for you who always deal with world and also have to make decision every minute. This particular book reveal it data accurately using great arrange word or we can state no rambling sentences within it. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but tough core information with beautiful delivering sentences. Having *It's All In Your Head: Change Your Mind - Change Your Health (Capital Ideas)* in your

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