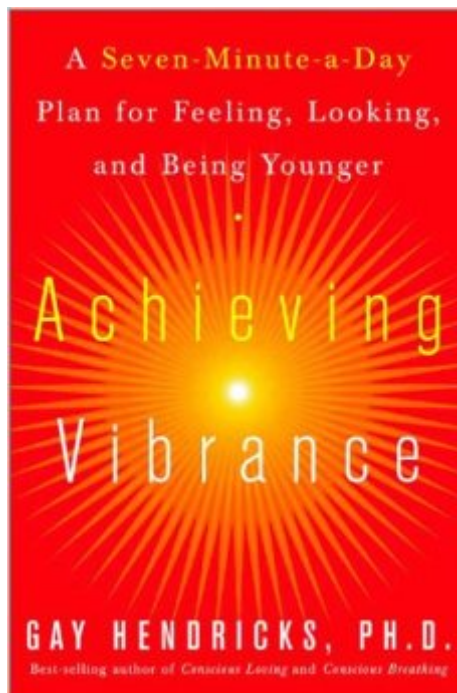


The book was found

Achieving Vibrance: A Seven-Minute-a-Day Plan For Feeling, Looking, And Being Younger



Synopsis

Vital, Harmonious, Clearâ”in Just Seven Minutes a DayDo you feel like your physical energy has decreased? Is your mind in a fog? Are you troubled by stiffness and body pain?If you said yes to any of the above questions, you are not alone. Through extensive research, Gay Hendricks, Ph.D., has identified these concerns as the most common complaints of Americans over fifty. In response to these findings and his own concerns about aging, Hendricks developed Achieving Vibrance, a program designed to restore and optimize the harmonious feelings of our âœoriginal youth.â • The easy-to-follow seven-minute program consists of six main concepts: * The Vibrance mindsetâ”attitudes that turn your Vibrance on* The Vibrance flexâ”a basic movement of the spine that takes just two minutes a day* The Vibrance breathâ”how to identify and cure the central breathing problem and maintain your oxygen balance* Vibrant connectionsâ”the art of relationship flow* Vibrant foodsâ”three secrets for staying energetic and slender* Neurogymnasticsâ”keeping your mind vibrantLearn the simple way to transform the experience of aging into a journey of vital expansion.

Book Information

Paperback: 240 pages

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Average Customer Review: 3.2 out of 5 starsÂ” See all reviewsÂ” (5 customer reviews)

Best Sellers Rank: #474,251 in Books (See Top 100 in Books) #96 inÂ” Books > Religion & Spirituality > New Age & Spirituality > Self-Help #149 inÂ” Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #8971 inÂ” Books > Self-Help > Personal Transformation

Customer Reviews

Favorite quote:"What would it take for me to feel better each day than I felt the day before?"Gay Hendricks is one of my favorite personal development authors. Partly, this is because I feel he and I are walking similar paths towards what he calls 'Conscious Living', but a lot of it is more simple than that - he gives good technique. While I found it difficult to apply some of the specifics in the 'Vibrant Eating' part of this book, every other technique was easy to implement and almost immediately

impactful. Hendrick's divides the book into five core sections - the vibrance mindset, the vibrance flex (movement), vibrant breathing, vibrant eating, and vibrant connections (relationships). Each section is chock full of practical techniques and suggestions for gaining vibrance when you're feeling sludgy and maintaining and enhancing vibrance when you already are feeling good. In addition, the book finishes with three 'Vibrance routines' - a 7 minute foundation routine, an extended advanced routine, and a 14 day 'Neuro-gymnastics' program to install the vibrance mindset. The fundamental premise here is simple yet radical - it is possible to feel vibrantly alive every minute of every day for as long as you live. While I can't personally vouch for the efficacy of that statement (yet!), I'll settle for what I have learned - I can feel more wonderfully alive in my body more of the time than I ever thought possible.

this book is just wonderful!!! the exercises are easy to do, with long lasting results. if you're looking to feel great, this is the book to buy.

Seriously, I don't see what people see in this guy's writing. It's so simplistic it's eye rolling. I won't be buying this author's books again. I got through as much of this as I could and then I just threw it away.

I barely remember this book. No big deal.

Awesome book!

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