

THE *Good* LIFE



*A Return
to Simple
Principles
of Healthy
Living*

*"...This book is a celebration of the sacred journey of life."
— AMY GRANT, from the foreword*

RUTH MCGINNIS

The Good Life A Return To Simple Principles Of Healthy Living

F Rizvi



The Good Life A Return To Simple Principles Of Healthy Living:

The Good Life Ruth McGinnis,1998 Health and fitness counselor Ruth McGinnis talks about her wholistic approach to fitness which focuses on health benefits rather than cosmetic ones and which emphasizes the spiritual element of wellness and a return to simple life principles *Living the Good Life* Ruth McGinnis,2001 Inspires and motivates busy tired women to discover a simpler healthier doable lifestyle Forthcoming Books Rose Arny,2001 **American Book Publishing**

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Cumulated Index to the Books ,1999 *Good Health* ,1904 Mindfulness for the High Performance World C.
Norman Coleman,Karolynn F. Coleman,2019-06-27 Mindfulness for the High Performance World provides a unique approach to mindfulness training built upon the principles of Buddhist philosophy written in line with the Dalai Lama s description of meditation and mindfulness as Science of the Mind This unique volume explores mindfulness as a learnable skill in context with the underpinnings of the teachings of Eastern psychology The authors Norm a physician cancer researcher and triathlete and Karolynn a psychotherapist mindfulness meditation teacher and marathoner live and work in a high stress high expectation world Their approach is rooted in an understanding that thoughts produce biochemical and physiological changes and provides a strategic framework to instruct an individual on how to categorize types of thoughts After harnessing this ability one is positioned to become both more aware of his or her thoughts as well as the specific patterns of sensations they produce or Sentinel SitesSM The awareness of what the mind is doing and the ability to interrupt a thought pattern and or control the response almost instantly leads one to having a healthier life improved relationships with others and better adaptability to one s environment Emphasizing the importance of physical activity and nutrition the authors present a systematic approach for people who want to learn and incorporate mindfulness and transform how they live without having to divert their lives and careers Offering itself as an accessible and skill based introduction to the principles practices and benefits of mindfulness Mindfulness for the High Performance World is a useful resource for students athletes and professionals living and working in high performance high stress environments and also for mindfulness practitioners seeking to deepen their skill level *The Fra* Elbert Hubbard,Felix Shay,1910

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