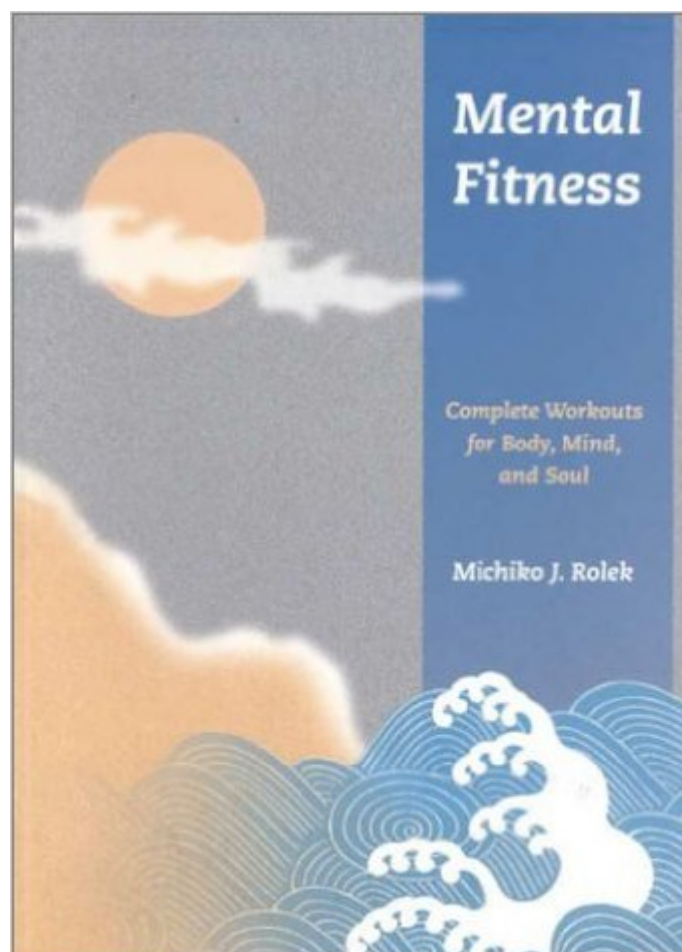


The book was found

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



Synopsis

Book by Rolek, Michiko J.

Book Information

Paperback: 96 pages

Publisher: Weatherhill; 1st edition (October 1, 1996)

Language: English

ISBN-10: 0834803739

ISBN-13: 978-0834803732

Product Dimensions: 0.2 x 7 x 10.2 inches

Shipping Weight: 8.5 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #3,359,238 in Books (See Top 100 in Books) #91 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology](#) #12417 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism](#) #31065 in [Books > Religion & Spirituality > Occult & Paranormal](#)

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 it's 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 it's '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.

[Download to continue reading...](#)

Mental Fitness: Complete Workouts For Body, Mind, And Soul Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack

Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love, Spiritual Partner) Managing Your Mind: The Mental Fitness Guide

[Dmca](#)