

A strength of The Five Seasons is that the author explains things that make us depressed during the year, as well as coping strategies to overcome gridlock or inaction. The book is well written and aimed at a wide constituency of readers in the well-being industry and academe, providing an unusual perspective on advice and choices.--Seattle Post-Intelligencer  
The Five Seasons is a remarkable manual for increasing self-awareness.--Dr. Irene Conlan, The Self Improvement Blog  
The Five Seasons is a simple yet effective code for optimizing the way you live. Based on the five universal seasons from traditional Chinese medicine as well as on Western psychology, The Five Seasons will teach you how to use the rising and falling energies of nature's seasons to train your mind and body to feel relaxed, energized, and contentâ€"all year long. The formula is simple: change the way you process nature's energies and you will change your life. You will learn new, natural, and fun ways to:  
Boost your alertness  
Increase relaxation  
Know when conflict is beneficial  
Relieve boredom  
Deal with the ebb and flow of other people  
Fight off mood swings and depression  
Strengthen your decision making  
Increase and pool your physical strength  
Stay healthier  
Nurture your spirit  
Live creatively

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thepeoplesplace.com: The Five Seasons Tap Into Nature's Secrets For Health Happiness And Harmony: Other Products: Everything Else.

The five seasons: tap into nature's secrets for health, happiness, and harmony /, [ Matching item] Five Seasons [electronic resource]: Tap into Nature's Secrets.

Five Seasons has 5 ratings and 0 reviews. The Five Seasons is a simple yet effective code for optimizing the way you live. Based on the five. The Five Seasons: Tap into Nature's Secrets for Health, Happiness and Harmony . by Joseph Cardillo, Ph.D. â€". Based on the five universal. Dr. Irene Conlan, The Self Improvement Blog  
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