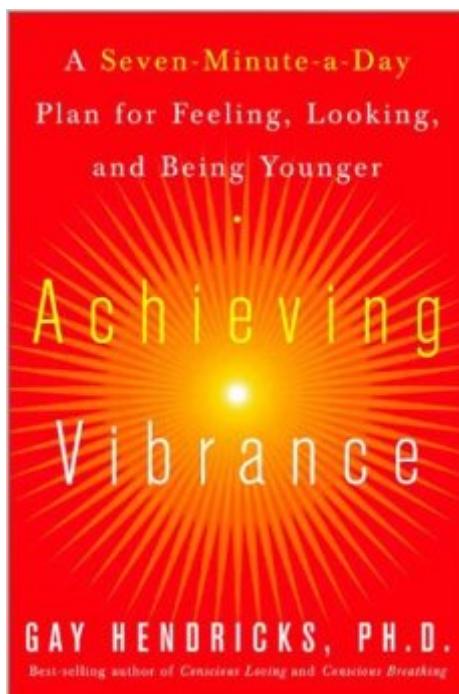


The book was found

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 â œoriginal 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

Publisher: Three Rivers Press (December 2001)

Language: English

ISBN-10: 0609809393

ISBN-13: 978-0609809396

Product Dimensions: 8.2 x 5.5 x 0.6 inches

Shipping Weight: 9.6 ounces

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 your 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!

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

Achieving Vibrance: A Seven-Minute-a-Day Plan for Feeling, Looking, and Being Younger Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics The 5-Minute Clinical Consult Standard 2015: 30-Day Enhanced Online Access + Print (The 5-Minute Consult Series) Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great Looking Forward, Looking Back: A Hitchhiker's Guide to Research on Social and Sustainable Investment Get Positively Beautiful: The Ultimate Guide to Looking and Feeling Gorgeous The Gentleman's Guide to Life: What Every Guy Should Know About Living Large, Loving Well, Feeling Strong, and Looking Good Looking Out, Looking In: Anthology of Latino

Poetry Looking Out, Looking In: Anthology of Latino Poetry (Hispanic Civil Rights) (Hispanic Civil Rights (Paperback)) Feeling Happy, Feeling Safe Hair Loss Solutions: Understand, Prevent and Regrow your Hair-Keep Yourself Looking Younger for Longer(Hair Loss Treatment and Prevention) Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin Anti Inflammatory Diet: The Ultimate Guide to Looking 10 Years Younger, Having More Energy and Less Pain (Diet Therapy Diet Therapy Guide, Diabetes 101, Diabetes Guide,) Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Looking Younger: Makeovers That Make You Look as Young as You Feel Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) The Supercharged Hormone Diet: A 30-Day Accelerated Plan to Lose Weight, Restore Metabolism, and Feel Younger Longer Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger

[Dmca](#)