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**Mind Over Matter Personal Choices For A Lifetime Of
Fitness Isbn 077373216**

Susan Cantwell



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Mind Over Matter Susan Cantwell, 1999 Each of us has different goals and motivations and feels different about our bodies And how we perceive our level of fitness and health varies widely Feeling good to one person might mean having more energy to do the things they enjoy For some feeling good means satisfaction with the way they look giving them the confidence to take on new challenges Everyone large or small strong or weak tired or energetic whatever our goals are the challenges remain the same to eat properly and exercise consistently Susan Cantwell demonstrates in *Mind over Matter* that the key to success ties in sticking with a weight loss program when the demands of our hectic lives threaten to overwhelm us Cantwell isn't offering yet another diet and exercise regime but examines why we are unsuccessful at changing our lifestyles permanently Cantwell provides strategies on how to integrate a weight loss program into our lives permanently avoid feelings of guilt and failure and keep the time thieves at bay We don't stop to think about what's best for us or how we can achieve our goals But don't give up *Mind over Matter* is your guide to better health You'll take a good look at your decision to change your lifestyle and look honestly at your commitment You'll get prepared understand what's truly motivating you and set a specific day to begin exercising Achieving success has nothing to do with determination or willpower but rather a specific way of viewing and preparing yourself and your life for permanent lifestyle changes Your mind will be clear your body ready Enjoy your better life

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