



Fit Soul, Fit Body: 9 keys to a Healthier, Happier You

Brant Secunda, Mark Allen

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From setting appropriate goals for each type of fitness to learning how to feed both body and soul, this ground-breaking guide goes beyond the typical health mantras—eat right, exercise regularly, reduce stress—and explores the emotional and physical obstacles to corporeal and spiritual fitness. Based on the immensely successful training of a six-time Ironman triathlete by a renowned Huichol Indian healer, this handbook seeks to remedy the conspicuous absence of spirituality in typical Western exercise regimens by explaining how to incorporate the divine into everyday exercises and why the two issues are inexorably linked. After years of respective training, both parties realized that the art of prayer and its signature mindfulness could increase not only one's physical abilities but also the mind, and that fitness wasn't just a matter of good cardiovascular health and strong muscles. Whether training for intense competition or just reaching fitness goals, this indispensable resource discusses how to exceed mental limitations and become successful in any physical, emotional, or spiritual journey.

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Mary Burnette:

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