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The Intensati Method: The Seven Secret Principles to Thinner Peace (Paperback)

By Patricia Moreno

Gallery Books, United States, 2014. Paperback. Book Condition: New. Reprint. 212 x 136 mm. Language: English . Brand New Book ***** Print on Demand *****.Imagine. A workout that isn't a mindless chore but a life-affirming, body-transforming joy. Feeling great about yourself and living a life you love every day. Experiencing inner peace -- and achieving thinner peace at the same time! Now this can be your reality with the revolutionary mind/body fitness program that puts it all together: Intent (one's plan or purpose) + sati (the Sanskrit word for mindfulness) = The Intensati Method. Renowned fitness expert Patricia Moreno has created a revolutionary mind/body fitness program so powerful, it's changing bodies and lives everywhere. Her philosophy behind Intensati goes light-years beyond the traditional grinding workouts that get us nowhere fast and usually leave us discouraged and unmotivated. When your mind creates positive emotion during a physical workout, you actually change your body's chemistry, enabling you to not only shed the pounds but gain clarity and purpose. Intensati fuses empowering affirmations and positive psychology with groundbreaking exercises drawn from dance, yoga, martial arts, aerobics, and strength training -- and illustrated here step by step -- to create...



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