

The Well Tempered Life Coach Yourself To Wellness

Pavel Tsatsouline

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The Well-Tempered Life R. Danielle Gault, 2012-06-01 In The Well Tempered Life Danielle Gault shares her comprehensive understanding of Reflexology Yoga and Jung to provide the spiritual student with a complete system for reestablishing balance within the Yoga Student The Well Tempered Life focuses on the understanding and use of Elemental Personality Theory EPT Yoga and Reflexology The author shares her expertise and insights for improving health reducing pain increasing well being and renewing empowerment The reader will Learn insights and find solutions to problems related to personality preferences Learn problem solving strategies for resolving conflict clarifying issues and moving toward a conscious outcome Learn how imbalances are expressed in the mind and body and how these expressions relate to the Yoga Chakra System Learn basic ways to incorporate Yoga in your life Learn how to use Reflexology for health stimulation and balance by working your ears hands and feet The Well Tempered Life relates the personality elements of AIR FIRE WATER and EARTH to the human body and provides ways to use self knowledge Yoga and Reflexology to balance these elements These tools can help your mind and body navigate your journey to a well tempered life A life that is shaped refined and honed to express its highest purpose The Well-Tempered Life R. Danielle Gault, 2012-05-01 In The Well Tempered Life Danielle Gault shares her comprehensive understanding of Reflexology Yoga and Jung to provide the spiritual student with a complete system for reestablishing balance within the Yoga Student The Well Tempered Life focuses on the understanding and use of Elemental Personality Theory EPT Yoga and Reflexology The author shares her expertise and insights for improving health reducing pain increasing well being and renewing empowerment The reader will learn insights and find solutions to problems related to personality preferences learn problem solving strategies for resolving conflict clarifying issues and moving toward a conscious outcome learn how imbalances are expressed in the mind and body and how these expressions relate to the Yoga Chakra System learn basic ways to incorporate Yoga in your life learn how to use Reflexology for health stimulation and balance by working your ears hands and feet The Well Tempered Life relates the personality elements of AIR FIRE WATER and EARTH to the human body and provides ways to use self knowledge Yoga and Reflexology to balance these elements These tools can help your mind and body navigate your journey to a well tempered life A life that is shaped refined and honed to express its highest purpose **The Well-Tempered Life** R. Gault, 2011-08-30 This self help book relates the personality elements of AIR FIRE WATER and EARTH to the human body and provides insights tools and strategies to use self knowledge Yoga and Reflexology to balance these elements These insights tools and strategies can help your mind and body navigate your journey to a well tempered life A life that is shaped refined and honed to express its highest purpose The reader will learn 1 Insights and find solutions to problems related to personality preferences 2 Problem solving strategies for resolving conflict 3 How to use Yoga and Reflexology to create balance and maintain health and well being American Book Publishing Record, 1987 Renegade Training for Football Coach Davies, 2002 The ultimate guide to developing

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