

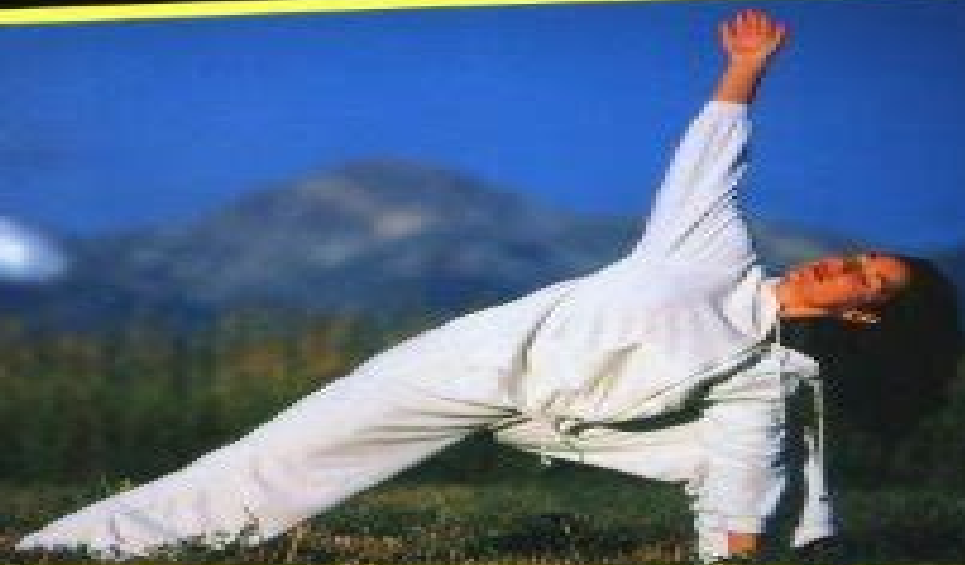
"This comprehensive guide offers the tools and information you need..." Ken Coleman, American Council on Exercise (ACE)

Mind-Body Fitness

FOR

DUMMIES[®]

Therese Iknoian
President, Total Fitness Network



A Reference for the Rest of Us!

Mind Body Fitness For Dummies

TD Snyder



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