



Praise for: The Five Seasons

By Dr. Joseph Cardillo

Dr. Cardillo has given a lovely road map to a way of being constantly connected to the "greater good" in ourselves. That syncing with the ebb and flow of seasonal energy brings an inner peace. That daily epiphany of letting go of ego, rather than living in struggle with it, results in harnessing the flow of life "where all things are possible".

Eva LaRue (Actress)

Dr. Cardillo is giving back to the world, teaching us that The Five Seasons reflect a larger purpose than just winter, spring, summer, late summer or fall. No matter what season you are in, within your life, you will always have to endure nature at its worst and at its best. The Five Seasons prepares you to bask in abundance, accept challenges, understand potential, receive inspiration and obtain power. All with a divine purpose, so you can live life in its natural flow. This is the ultimate source on understanding Nature, health, happiness and harmony! The Five Seasons is our Tree of Life!

Max Tucci, Radio Host/Lifestyle Expert

Dr. Joseph Cardillo has integrated his knowledge of psychology and mind-body-spirit with a deep understanding of nature to guide his readers on a journey of self-discovery and enlightenment. He demonstrates how the profound lessons in nature can be applied to our day-to-day experiences. By aligning with the flow of nature we can tap into our life purpose, fulfill our dreams and tune into the abundance that surrounds us. The Five Seasons is a compass for finding clarity, strengthening our spirit and opening our heart to the ever present Divine Spark. Well done!

Margaret McCraw, PhD, author of *Tune Into Love* and *The Relationship Code, Engage and Empower People with Purpose and Passion*

This book is an enduring literary guide of East meets West in understanding how all the elements around us - including the seasons - touch us at our core. Dr. Joseph Cardillo has created a phenomenal mindset tool with his work in The Five Seasons. A must read for those who seek to consistently achieve and maintain high energy and inner peace.

Cheri Ruskus, author of *Victory One Moment at a Time* and Founder of the Victory Circles

Natures wisdom is eons old— but our understanding of how to harness and harmonise with its virtues is still evolving. In this book Dr. Joseph Cardillo explores our innate connection with the subtle changes of the seasons to deepen our knowledge of nature and its influence on our wellbeing.

Inga Yandell, Chief Editor Bare Essentials Magazine