



BOOK SUMMARY

The Five Seasons

By Joseph Cardillo, PH.D.

Discover the fifth season – without which the other four are incomplete.

The Five Seasons is a simple yet effective code for optimizing the way you live. Based on Eastern and Western psychological concepts and practices, *The Five Seasons* will teach you how to use nature's seasons to train your mind and body to feel relaxed, energized, and content...all year long. The formula is simple: change the way you process nature's cycles and you will change your life.

You will learn new, natural, and fun ways to:

- Boost your alertness
- Increase relaxation
- Know when conflict is beneficial
- Relieve boredom
- Deal with the ebb and flow of other people
- Fight off mood swings and depression
- Strengthen your decision making
- Increase and pool your physical strength
- Stay healthier
- Nurture your spirit
- Live creatively

Like Dr. Cardillo's other books, *The Five Seasons* drills deep into the inseparable interrelationships between the mind-body-spirit. *The Five Seasons* delivers cutting-edge science and whole person philosophy readers can take home and start using right away.

This book is for businesspeople, professionals in all areas, athletes, parents, anyone contemplating a change in lifestyle or career, and especially anyone wanting to optimize their quality of life. *The Five Seasons* gives you the power.