

NATURE'S FIVE SEASONS

Hold the Secrets to Health and Happiness

"Cardillo offers specific tools for sharpening your . . . skills and attention to detail in your personal as well as professional life." Dr. Vonda Wright, Director of PRIMA at the University of Pittsburgh Medical Center

San Francisco, CA (June 24, 2013) — A refreshing and enlightening new title from a bestselling author, *The Five Seasons: Tap Into Nature's Secrets for Health, Happiness, and Harmony* is a simple, effective guide to getting the most out of life, in both mind and body.

A popular research psychologist, media expert and teacher in the fields of health, mind-body-spirit, and psychology, Dr. Joseph Cardillo bases his latest book on the five universal seasons from traditional Chinese medicine and on Western psychology. *The Five Seasons* teaches the reader how to use the rising and falling energies of nature's seasons to train his or her mind and body to feel relaxed, energized, and content.

The formula is simple: change the way you process nature's energies and you will change your life. Readers will learn new, natural and fun ways to:

- Boost alertness, relieve boredom and increase relaxation
- Recognize when conflict is beneficial
- Deal with the ebb and flow of other people
- Fight off mood swings and depression
- Strengthen decision-making ability
- Stay healthy and increase physical strength
- Nurture spirit and live creatively

About the Author: Joseph Cardillo, PhD holds a doctorate in holistic psychology and mind-body medicine and is a regular contributor to the Huffington Post and *Psychology Today*. His feature articles have appeared in *Smithsonian Magazine*, the *New York Post*, the *L.A. Times*, the *Toronto Globe*, *Family Circle*, *FIRST for Women*, *Curve*, *American Fitness Magazine*, *Fitness Magazine*, *Natural Health*, *Natural Solutions*, and *GoodHouseKeeping.com*.

He has appeared on a wide range of national radio shows, including Fox, USA Radio, CRN, and NPR, and he is a regular guest on TV, having been featured on Sirius, ABC, NBC, PBS and Clear Channel affiliates.

The author has a wide following of readers around the world for his previous books:

- *Your Playlist Can Change Your Life*
- *Can I Have Your Attention?*
- *How to Think Fast, Find Your Focus, and Sharpen Your Concentration*
- *Be Like Water*
- *Bow to Life*

Dr. Cardillo teaches workshops in health and wellness at various colleges and institutions. A Research Associate at Mind-Body Medical University, he is a black belt martial arts specialist and a master teacher of Chinese and Filipino martial systems and philosophy. He received the 2011 State University of New York Chancellor's Award for Scholarly Research.

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