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The Body Whisperer: Using the Principles of Integrative Body Conditioning to Create a Strong Body for Life

Mary Kay Sellek

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The fourth and final section (**Becoming a Body Whisperer**) describes how to take the concepts learned from the first three sections to achieve your best body potential. It includes a brief explanation on how I practice the method on a daily basis, as well as the single most important habit you need to embrace to build and maintain a strong body for life.

I've also included homework at the end of each section to help readers make the most of the material. Don't skip the homework. If you really want to "get it," you're going to need to witness and experience everything that's happening in your body. Hence, I strongly recommend you start a health journal. Not only will it help you keep track of the homework, it will help illuminate the subtle ways your body reacts to different food, exercise and lifestyle choices, as well as the cues its providing to help re-balance it.

Finally, if you're looking for a "quick fix," this book probably isn't for you. This method is all about finding out how your body works and what it needs. Each person's journey is different, but by practicing this method, you won't just learn how your body works, you'll have the key that unlocks your ability to create a slender, healthy, strong and glowing body for the rest of your life!

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