



# **Beautiful Body, Beautiful Mind: The Power of Positive Imagery: Over 80 Exercises and a 10-Day Beauty Program**

*Eric Franklin*

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## **Beautiful Body, Beautiful Mind: The Power of Positive Imagery: Over 80 Exercises and a 10-Day Beauty Program** Eric Franklin

Emphasizing lifestyle and mental attitude rather than surgery, creams, or pills, this fantastic manual is the key to staying young through mental stimulation, self-talk, setting of goals, motivation, and relaxation. The revolutionary Franklin Method of health proposes that living healthily is mostly a question of habits and that these habits are mirrored in the quality of our thoughts and in our daily life. Focusing on methods of concentration, measured breathing, and the power of imagination, this program provides a selection of different mental techniques from the Franklin Method designed to produce results that can be seen and felt in only 10 days. More importantly, when combined with a balanced diet, these exercises can awaken even the sleepest of minds to the possibility of a longer and more fulfilling life.

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