

<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Today, wellness encompasses much more than physical activity. It involves the entire body, mind, and soul.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.simpletruths.com">www.simpletruths.com</a></p> <p>“Exercise is a small price to pay for a healthy body and a healthy attitude.”</p> <p><i>The Nature of Success</i></p>
<p><a href="http://www.simpletruths.com">www.simpletruths.com</a></p> <p>“A strong body makes the mind strong.”</p> <p>Thomas Jefferson</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Happiness tends to be greater among people in good physical shape and who have an abundance of energy.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The simple act of walking can reduce stress and depression.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The lack of activity in your life can be causing you unhappiness.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Everyday you need to walk or exercise or jog or run or roller-skate or swim-something to get your energy level up.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Fitness involves more than physical fitness, it involves emotional and mental fitness as well.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Get into the habit of taking care of your body and in turn, your body will take care of you.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Ironically, it has even been suggested that people with unhealthy self-esteem tend to be more promiscuous and participate in unhealthy sexual behavior at a greater rate than those with healthy self-esteem.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>

<p><a href="http://www.simpletruths.com">www.simpletruths.com</a></p> <p>“A house is not a home unless it contains food and fire for the mind as well as the body.”</p> <p><b>Ben Franklin</b></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Some people use food as fuel for their bodies, while others use it as a social tool, a “gotta get otta this funk” tool, or a recovery tool.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Exercise does more than strengthen the body and keep you physically healthier; it also helps relieve stress, decreases the potential for depression, and subsequently, helps you build healthier self-esteem.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Studies suggest that diets high in fat and sodium, such as the typical American diet, may influence the development of cardiovascular disease, certain cancers, and high blood pressure.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Study after study have proved that the use of drugs and alcohol lowers your inhibitions and allows you to do things that you might not normally do...Unsafe sex can result in a plethora of negative events such as unwanted pregnancy, contracting an STD, contracting HIV, immense guilt, fear, self-doubt, and lowered self-esteem.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Fitness experts, wellness gurus, TV infomercials, and even medical professionals tout the benefits of just twenty minutes of exercise daily.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Exercise does not need to be something that is dreaded or something that costs \$123 a month, but it does need to happen in your life.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Exercise improves your ability to fight illness and your ability to bounce back from an illness.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Always check with your physician before you begin an exercise regiment, especially if you are overweight, over sixty, smoke, and/or in generally poor health.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Exercise aids the body in many ways, but specifically, it helps the body release endorphins (a natural body chemical) into the bloodstream. Endorphins help fight stress by calming the body.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>

<p><a href="http://www.simpletruths.com">www.simpletruths.com</a></p> <p>“Caffeine, nicotine, and alcohol are drugs; they just happen to be legal.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Caffeine is a controlling stimulant and can have many adverse effects on the body, such as anxiety and restlessness, and can contribute to sleep disorders.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“According to the former Surgeon General C. Everett Koop, “Cigarette smoking is the single most preventable cause of death in the United States.</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Alcohol is a depressant...It can ... destroy brain cells, cause damage to the central nervous system, and contribute to obesity among other health risks.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Drug abuse has a direct impact on the number of violent crimes, traffic deaths, domestic and child abuse cases, and self-inflicted injuries in the United States.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Eliminating harmful elements from your daily habits can assist you in having a healthier lifestyle and, in turn, help you feel better about yourself in general.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“... if you are genuinely interested in your wellness, you can’t overlook the fact that sex plays a major role in your health.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“One of the most staggering problems in America today is the use of drugs while participating in sex.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Study after study have proved that the use of drugs and alcohol lowers your inhibitions and allows you to do things that you might not normally do.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Unsafe sex can result in a plethora of negative events such as unwanted pregnancy, contracting an STD, contracting HIV, immense guilt, fear, self-doubt, and lowered self-esteem.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>

<p><a href="http://www.simpletruths.com">www.simpletruths.com</a></p> <p>“Wellness is a total life-altering plan that can help you live longer, live stronger, live more abundantly, live more freely, and most of all, live a life of which you can be proud.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“When designing your wellness program, be certain to include activities that work on the well-being of your mind, your thoughts, your body, and your stress level.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Just as no one else can ever give you self-esteem, no one can ever give wellness.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...think about how anything that you eat, drink, or do will affect your self-esteem.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“An exercise program can begin as a simple, brisk walk down the street.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“People with healthy eating habits have learned to treat food as a drug for the body. Not only do they know what to eat, they know how to eat, when to eat, and where to eat.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Nutritionist vary in their opinions, but overall they agree that breakfast should not be skipped.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...grazing-eating a steady diet of healthy foods throughout the day.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Grazing could consist of eating raisins, grapes, berries, fibers, and some proteins throughout the day in place of unhealthy snacks such as candy, potato chips, or cookies.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...in working toward healthier self-esteem, you will need to decide how each particle that goes into your body affects your wellness and self-image.”</p> <p>Dr. Robert M. Sherfield <i>The Everything Self-Esteem Book</i></p>

<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Physical activity achieved at any level is an essential ingredient in slowing down the process of aging and tuning life into a far more useful, enjoyable---and independent---affair.”</p> <p>Dr. Kenneth Cooper</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The vigorous, the healthy, and the happy survive and multiply.”</p> <p>Charles Darwin</p> <p><i>The Origin of Species</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“To lengthen thy life, lessen thy meals.”</p> <p>Ben Franklin</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Eat few suppers, and you will need few medicines.”</p> <p>Ben Franklin</p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Dine with little, sup with less: Do better still: sleep supperless.”</p> <p>Ben Franklin</p>	<p><a href="http://www.simpletruths.com">www.simpletruths.com</a></p> <p>“The completion of an important task triggers the release of endorphins in your brain.”</p> <p>Brian Tracy</p> <p><i>EAT THAT FROG!</i></p>
<p><a href="http://www.simpletruths.com">www.simpletruths.com</a></p> <p>“When you complete a task of any size or importance, you feel a surge of energy, enthusiasm, and self-esteem.”</p> <p>Brian Tracy</p> <p><i>EAT THAT FROG!</i></p>	<p><a href="http://www.simpletruths.com">www.simpletruths.com</a></p> <p>“The endorphin rush that follows successful completion of any task makes you feel more positive, personable, creative, and confident.”</p> <p>Brian Tracy</p> <p><i>EAT THAT FROG!</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“When fed images of disability and despair, the body is wired to accept these limits as truthful and to respond with impairment.”</p> <p>Herbert Benson, MD</p> <p><i>Timeless Healing</i></p> <p><i>The Power and Biology of Belief</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...the body absorbs images of activity and mobility, as if it sees flashcards in a word association game, the body literally reconfigures its vision of itself. This is remembered wellness.”</p> <p>Herbert Benson, MD</p> <p><i>Timeless Healing</i></p> <p><i>The Power and Biology of Belief</i></p>

<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“It’s a <b>physician’s responsibility</b> to <b>encourage good nutrition</b> and <b>exercise</b>, to <b>discourage smoking</b> and it’s devastating effects, to oversee medications, and to advise patients on healthy lifestyle decisions.”</p> <p>Herbert Benson, MD <i>Timeless Healing</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“We’ve seen that an <b>individual’s beliefs</b> can markedly <b>affect their health</b> and that a <b>physician’s reassurance</b> can make a measurable, <b>physiologic difference.</b>”</p> <p>Herbert Benson, MD <i>Timeless Healing</i> <i>The Power and Biology of Belief</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...<b>all human bodies</b> foster an <b>internal healing power.</b>”</p> <p>Herbert Benson, MD <i>Timeless Healing</i> <i>The Power and Biology of Belief</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“...<b>pessimists</b>, often seem to roll out the a <b>red carpet</b> for <b>chaos</b>, <b>convinced</b> that what they do <b>doesn’t matter.</b>”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“<b>Optimism</b> is not a given. It can <b>fluctuate</b>, like our body weight, and can be <b>learned.</b>”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Our <b>beliefs</b> about <b>adverse situations</b> have <b>Consequences</b>, causing us to <b>respond</b> either <b>optimistically</b> or <b>pessimistically.</b>”</p> <p>Martin E. Seligman E.P. <i>Learned Optimism</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“... <b>optimists</b>, research shows, <b>get sick less often</b> and <b>live longer</b> than pessimists, and that <b>optimists are happier.</b>”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Today, <b>wellness encompasses</b> much more than <b>physical activity</b>. It involves the <b>entire body, mind, and soul.</b>”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“A <b>strong body</b> makes the <b>mind strong.</b>”</p> <p>Thomas Jefferson</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Several studies show that what one <b>thinks</b> about one’s health is one of the most accurate <b>predictors of longevity</b> ever discovered.”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>

<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“The attention given these days to <b>Alzheimer’s disease, arthritis,</b> and other degenerative ailments makes people see their future as a one-way ticket to a nursing home. Yet there are <b>valid grounds for optimism.</b>”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Of those <b>65 to 74 years old,</b> <b>89 percent report no disability.</b> After <b>85,</b> <b>40 percent</b> of individuals are <b>fully functional.</b>”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“In recent years, the percentage of people over <b>65 years old</b> who are disabled has <b>dropped,</b> and experts predict <b>this trend will accelerate.</b>”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“A wealth of evidence suggests that the choices we make about <b>diet, weight, exercise, and social and mental stimuli</b> during middle age greatly affect our <b>psychological competence</b> as we age.”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Several studies show that what one <b>thinks</b> about one’s health is one of the most accurate <b>predictors of longevity</b> ever discovered.”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“<b>Spiritual</b> and <b>religious</b> involvement are believed to add <b>seven or more years,</b> on the average, to one’s <b>lifespan.</b>”</p> <p>Larry Dossey, M.D. <i>The Extra-Ordinary Healing Power of Ordinary Things</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Psychologists who study <b>creativity</b> say that artists and writers often can produce more <b>new ideas</b> in their <b>sixties or seventies</b> than in their <b>twenties.</b>”</p> <p>Deepak Chopra <i>Ageless Body, Timeless Mind</i></p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“One <b>interesting variable</b> is that <b>the later</b> you take up any <b>creative pursuit,</b> the more likely you are to <b>pursue it into old age.</b>”</p> <p>Deepak Chopra <i>Ageless Body, Timeless Mind</i></p>
<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“Chinese studies of old people in Shanghai indicate that <b>less educated people</b> have higher rates of <b>dementia</b> and <b>Alzheimer’s disease;</b> the implication is that <b>educated</b> people, having been trained to use their minds, <b>stimulate healthy brain activity.</b>”</p> <p>Deepak Chopra</p>	<p><a href="http://www.eagleprep.com">www.eagleprep.com</a></p> <p>“As long as it is <b>enjoyable,</b> <b>concentrated mental activity</b> gives rise to alpha-wave patterns typical of <b>‘restful alertness,’</b> the <b>relaxed but aware state</b> also found in <b>meditation.</b>”</p> <p>Deepak Chopra <i>Ageless Body, Timeless Mind</i></p>