

Mindful Body

Start Here

Create The Happy, Healthy Body You
Want Through Mindfulness



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How to Use the Mindful Body Program

Congratulations on your purchase of the Mindful Body Program! This program gives you the tools to create significant, lasting change in your health and your life.

Keep in mind that this is only a guide. It will not do the work for you. In order for you to be successful, you must commit to doing all the exercises, completing the entire workbook and using the Mindful Eating Journal as instructed.

Do that, and the sky's the limit. Oh yeah, and have an open mind and be willing to try any and everything ;).

There is a ton of awesome stuff in this program. With so many tools, it can sometimes be hard to know where to start. Let this serve as your roadmap.

HOW TO USE THIS PROGRAM:

Guide and Workbook:

In order to get the most out of this program, first read the full PDF portion of the program (the Mindful Body book) over the course of a week or less. This will give you a feel for the overall approach.

Don't worry about doing the exercises at this point. Just think about them.

The guide and the workbook have been broken into nine sections. My intent was for you to spend at least one week on each section. Depending on where you are in your health and your life, you may need more or less time. Take what you need but stay on course.

With this in mind, go back and read through each section one by one and do all of the related exercises. The book will tell you when to refer



to each section of the workbook. Do not move to the next section until you have completed everything in the previous section of the workbook.

This program will NOT be effective if you disregard the exercises. That is where all the magic is.

Audio Version:

The audio version of the guide is provided as a convenient way of taking in the information when you're on the go, at the gym or anywhere else it may not be feasible to read the PDF.

There are nine audios ranging in length from about 10 to 30 minutes, depending on the topics covered. Each audio corresponds to a week of information as it has been broken down in the guide and the workbook.

The audios are not meant to be a substitute for the workbook. It's critically important that you sit down and write out your answers to the questions and fully absorb all the other exercises.

Motivational Emails:

As long as you have confirmed your email address, you will receive an email each day for about sixty days. These messages will reinforce the concepts you're learning in the program and motivate you to stay on your path.

The emails are delivered in the early morning hours so that they'll be there for you to read and think about as you start your day.

The messages serve as a reminder to be mindful. Take a moment to think about the message delivered each day. Before reading your daily email, I suggest that you stop whatever you're doing and take three deep breaths to clear your mind and relax.



MINDFUL BODY PROGRAM CONTENTS:

It's recommended that you review the below items in the order mentioned.

1. Mindful Body Program Start Here document (that's this one)
2. Mindful Body Program guide- full PDF version (Mindful Body.pdf)
3. Mindful Body Workbook
4. Mindful Eating Journal – used in conjunction with Week 2 and beyond in the workbook
5. Audio version of the Mindful Body Program (nine MP3 files which correspond with the introduction and eight weeks of the program)
6. Daily motivational emails for the eight weeks of the program (not included in this download)**

** To receive your daily motivational emails, make sure you have confirmed your email address by clicking the link in the email you received asking you to do so.

You should receive a welcome email right away. Then you'll receive your first motivational email the following day and every day for the next eight weeks.

If you ever need to update your email address, click the link at the bottom of any email from Mindful Body – the one below "To unsubscribe or change subscriber options visit:" On the page that opens, under your name and email, click the link: "edit contact information." Enter the new email address and click the Submit button.

