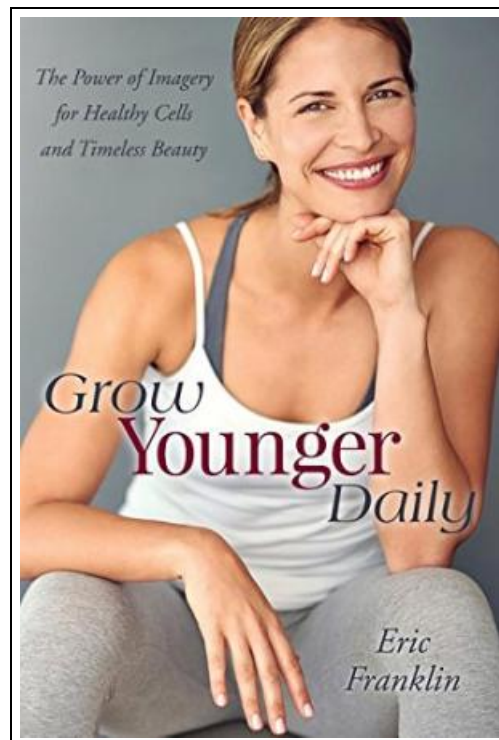


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Dog Ear Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Grow Younger Daily: An Insider's Guide to the Life-Changing Use of Imagery The phrase Mind over matter takes on new significance when linked to research into the undeniable connection between imagery and physical and mental health. In other words, if you can imagine it, you can become it. Athletes, dancers and fitness experts have used sophisticated mental imagery to enhance their performance, and now you can too. The Franklin Method, developed by author Eric Franklin, combines movement and Dynamic Neurocognitive Imagery (DNI)(TM) to harness the transforming power of the mind to move efficiently and keep the physical body young and energized. With the power to change the body from the inside out, imagery can influence and rejuvenate everything from individual cells to the immune system and organs, showing that remaining young is largely a question of attitude. Grow Younger Daily provides a roadmap to creating lasting positive physical and mental changes by describing how to harness the plasticity and transformative power of the mind, thanks to the author's decades of firsthand experience and practice. Acknowledging the power of change is the first step to a younger, healthier you. AUTHOR BIO Eric Franklin is director and founder of the Franklin Method Institute in Switzerland. He has more than 25 years experience as a movement educator and has shared mental imagery and mind-body exercise in his teaching since 1986. Franklin has taught extensively throughout the United States and Europe, at the Royal Ballet School, Pilates Method Alliance, the IDEA Fitness conference, the American Physiotherapy Association, Kripalu Yoga, the Trinity Laban Conservatory in London, the American Dance Festival, the Dance Academy of Rome, the Scala in Milano, the...



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