



Whole Body Intelligence: Get Out of Your Head and Into Your Body to Achieve Greater Wisdom, Confidence, and Success

Steve Sisgold

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Date : Published August 18th 2015 by Rodale Books

ISBN : 9781623366179

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Format : Hardcover 304 pages

Genre : Self Help, Education



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From Reader Review Whole Body Intelligence: Get Out of Your Head and Into Your Body to Achieve Greater Wisdom, Confidence, and Success for online ebook

Joan Porte says

This book has a lot of good information and a good program I just wish he had gotten into it more quickly. I didn't really need to hear story after story proving what he said is true just get to it.

Diane says

I won this book in a Goodreads first reads giveaway. It was a very empowering and inspiring book, with lots of great, useful advice on how to achieve more of a mind-body connection.

Diane Holcomb says

Do you ever walk into a room, then can't remember why? I discovered, when this happens to me, that when I stop prodding my brain into remembering and just let my body lead the way, it usually will. I hand over the reins, and my trust, to my inner navigator—what Sisgold calls "your personal Google."

Our bodies talk to us all the time; but do we listen? I knew my body could guide me to my lost keys, but I had no idea how many other ways it could guide me until I read this book.

In Whole Body Intelligence, Sisgold explains that by shifting our attention from "strenuous mental gymnastics" to physical responses in the body, our inner intelligence will help us make decisions, solve problems, de-stress, overcome limiting beliefs, and head in the right direction. He reviews the scientific facts behind the body-mind connection, offers body-centered life skills to practice, shares success stories from clients and others, includes links to helpful online tools, and finishes up with a 30-day lifestyle plan, complete with specific action steps, to lead readers to becoming Whole Body Intelligent.

I read this book at a time when I was feeling overwhelmed, spread too thin, jittery and frustrated. I had the sense there was something more going on than my churning thoughts, and kept looking for answers outside of myself. And then I picked up this book. Ah-ha! All of this jitteriness was my body trying to communicate. When I slowed down, "rebooted," and listened, I got the message...and the guidance I was seeking.

Great book. Fascinating, informative, eye-opening.

John Hawkins says

For book I am writing

Pradnya says

The pervasive hold of emotions, technological tools and conveniences is put forth in terms that resonate with how we feel about and respond to life's ongoing challenges. The way the negative emotions can stay etched in our body are described well. many times though the book reads like an info-mmmercial.
