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101 Exercises for the Soul

Dr. Bernie Siegel Prescribes Divine Workout Plan for Body, Mind, and Spirit

“Bernie Siegel dispenses spiritual medicine that’s good for you, and feels good too! I highly recommend these daily doses of eternal wisdom. They’re good for the body and good for the soul.”
—Marianne Williamson, author of *Return to Love*

While most doctors strongly advocate the benefits of physical fitness, Dr. Bernie Siegel recommends much more. In ***101 Exercises for the Soul: A Divine Workout Plan for Body, Mind, and Spirit*** he offers a powerful program designed to bring more self-healing, inspiration, and well being into our daily lives.

According to Dr. Siegel, “It is easy to get lost in our daily routines and lose touch with the things that are meaningful to us. We become human doings instead of what we are supposed to be — human beings. If this continues, eventually our true self will begin to die. By exercising our souls, however, we enhance our ability to live and love with enthusiasm and vigor, and increase our ability to overcome any difficulties or obstacles we encounter along the way.”

Dr. Siegel explains that our body and soul are intended to work together. To accomplish this, we not only need to respect our bodies and keep them fit, we also must understand, respect, and care for that which lies within us. Our soul is like a muscle that will become stronger, leaner, and more flexible the more we work with it.

101 Exercises for the Soul is a practical, hands-on guide full of inspirational ideas for strengthening our souls and fully enjoying our lives. Each chapter focuses on a particular area for soul growth, from improving our attitude to finding inner motivation. Using his trademark humor, vibrancy, and encouragement, Dr. Siegel presents himself as a personal coach ready to encourage and guide us towards the achievement of our goals.

About the Author

Dr. Bernie Siegel’s multi-million best-selling first book, *Love, Medicine & Miracles*, was published in 1986. He is the author of multiple other books including *Peace, Love & Healing*, *How to Live between Office Visits*, and *Help Me to Heal*. Dr. Siegel lives with his wife and their dog, Furphy, and bunny, Smudge, in Connecticut. They have five grown children and several wonderful grandchildren.

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