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### The Self Improvement Show Archives Available December 5th 2013: The Five Seasons

Five seasons? Dr. Joseph Cardillo believes there are five, not four, seasons that affect how we feel and he believes that we can use them "to train our mind and body to feel relaxed, energized, and content all year long." He contends that if you change the way you process nature's cycles, you will change your life in very positive ways. On this show we will discuss how you can use nature's cycle to boost our alertness, relieve boredom, stay healthier, nurture our spirit, live creatively and more. Learn how to "go with the flow" of nature to have a happier, healthier life. You might want to rea

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### Featured Guest



#### Dr. Joseph Cardillo

Dr. Joseph Cardillo, PhD, is an inspirational speaker and sought-after expert on energy teaching. He is a best-selling author of several books in the fields of health, mind-body-spirit, and psychology.

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