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May 06th 2014: The Ultimate Workout!...of the Mind, Body, and Soul

Are you ready for the ultimate challenge? For the ultimate test? But leave those barbells and treadmills at the gym, and tune in this week to get your MIND, BODY, and SOUL in perfect shape. We'll be talking to Bill Dyszel, an author of the "For Dummies" series of books, who will help you sharpen your MIND; to Leon Contavesprie, a physical fitness expert and personal trainer, who will help you get your BODY in shape; and to Lainie Diamond, a member and founder of Laughter Yoga Houston, who will help you develop your SOUL. These guests all use their skills and areas of expertise to strength

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Featured Guests

Guest Image

Leon Contavesprie

Leon is an AFAA certified personal trainer and fitness instructor. His experience includes nearly a decade of one-on-one training sessions, group exercise classes, and his favorite, boot camp. A native of New Orleans, Leon specializes in assisting those new to health and fitness with formulating the best possible regime of diet and exercise to suit their specific needs and goals. He is also an avid sand and indoor volleyball player, and often includes drills from the sport into his daily exercise routines for his clients.

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Guest Image

Bill Dyszel

Bill Dyszel is the author of 20 books and a regular contributor to national publications including PC Magazine. Bill is also an award-winning filmmaker and an accomplished entertainer. He sang with the New York City Opera for 14 years and still appears regularly on the New York stage. He has produced scores of short films and currently ranks as the most prolific contributor to the 48-Hour Film Project, an international filmmaking competition. Many of his short, comedic films can be seen on YouTube.

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