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June 12th 2014: Special Encore Presentation: An Inside the mind Look at Mindfulness

What is mindfulness anyway? What is your mind actually doing when you are being "mindful?" And how can this great tool, which is currently the rage in Western medicine, make a difference in the quality of your life? Best-selling author and research psychologist Dr. Joseph Cardillo, PhD is here to tell us. We will discuss how mindfulness can affect our health and happiness as well as how it can help specifically with anxiety, sleep, eating, stress and focus. And, of course, we will talk about how you can use it in your life and how being mindful can help you on a daily basis. The question? Can

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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. Further, he is an expert in attention training and creative thinking and has taught more than 20,000 students in various colleges, universities, and institutes. He holds a doctorate in holistic psychology and mind-body medicine and is a regular contributor to the Huffington Post, Psychology Today and other leading publications. Dr. Cardillo received the prestigious 2011 SUNY Chancellor's Award for Scholarly Research and Creative Activity. His latest book, "Body Intelligence: Harness Your B

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