



BOOK REVIEW

Turn On Your Inner Light

By Jeremy Chernikoff

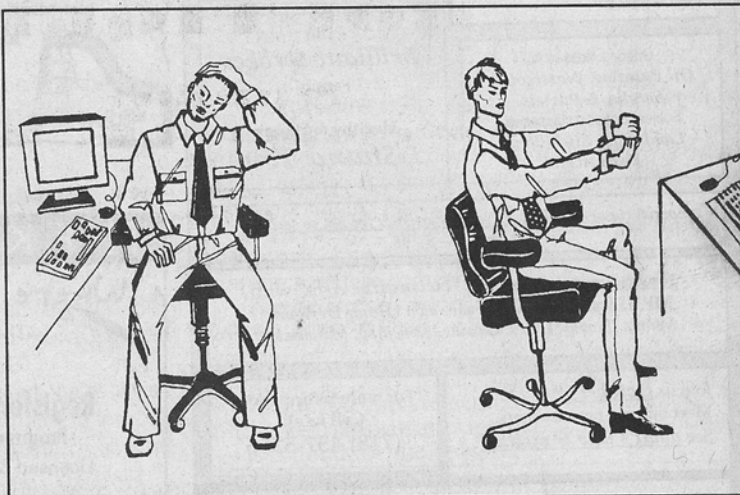
As we give a glance at our rear-view mirrors and wave goodbye to the holidays we arrive at the unwelcome realization that all the delicious food consumed during the endless string of meals has slowed us down to the point where we recognize the necessity of a healthy lifestyle change.

While conventional diets have proven successful over the years, more often than not a dieter will return to his or her snacking tendencies after a certain period of time. Other diets restrict you to the point where ultimately you ban the words "vegetable soup" from your household.

In a new book, *Turn On Your Inner Light: Fitness For Body, Mind and Soul*, Debbie Eissenstadt Mandel takes us on a fascinating health journey that informs us of everyday ways to lead a healthier, and consequently happier, life.

Mrs. Mandel, a former teacher at the Yeshiva of Flatbush H.S., gives us a totally unique perspective on healthy living by not merely explaining and prescribing specific activities to deal with any of life's situations. Rather, she deeply defines for us the proper methods for our minds and bodies to work with each other for the benefit of our health.

The chapter entitled "Training To Yield" brings forth a philosophy that describes overcoming an obstacle by yielding. How many times in our lives can we recall arguing a point to no end, despite acknowledging to ourselves that we're wrong? As Mrs. Mandel puts it, though, "When we yield, we demonstrate faith in the universe that G-d will provide...



When we release our dammed up tensions, our energy flows more freely from ourselves to others who in turn feel more at ease about trusting us."

The chapter continues by listing a number of related mind/body prescriptions:

- Yield to a partner, a friend or a relative in an argument where you are sure that you are absolutely right.
- Accept when a significant other says it is over, and believe it!
- Yield to your body; when you are tired, rest.
- Carry a small white flag with you. Use it often.

Keeping in pattern with the rest of the book, the chapter finishes off by presenting a meditation exercise, followed by a fulfilling, yet relatively simple workout.

Another interesting chapter shows readers about "Training For Technology." Mrs. Mandel recognizes that while technology brought with it countless innova-

tions, conveniences and pleasures, it also brought upon us attitudes of laziness and indifference. This is no more prevalent than in the workplace. The mental and physical stresses found in an office can often lead to health deterioration.

The chapter gives you a number of ways to relieve the daily tensions of work. Detailed exercises target neck muscles, forearm extension, forearm flexors, shoulder range of motion and triceps. Perhaps most fascinating is that the above drills do not require us to leave our desks.

This combination of mind, body and soul is unique in its presentation and is the perfect tool to free up any pent-up stress that has been withheld, resulting in a fit lifestyle that is sure to become more enjoyable.

Visit busybeegroup.com for more information on this fascinating work. □

Jeremy Chernikoff is a graduate of Yeshiva University and is currently an editor at Image Magazine.