



# The Five Seasons

*Joseph Cardillo*

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## **The Five Seasons** Joseph Cardillo

The Five Seasons is a simple yet effective code for optimizing the way you live. Based on the five universal seasons from traditional Chinese medicine as well as on Western psychology, The Five Seasons will teach you how to use the rising and falling energies of nature's seasons to train your mind and body to feel relaxed, energized, and content--all year long. The formula is simple: change the way you process nature's energies and you will change your life.

Discover the promise of The Five Seasons:

Spring: embrace the power of new beginnings

Summer: create abundance

Late Summer: gain rootedness

Autumn: find the justice in letting go

Winter: dream in quietude

You will learn new, natural, and fun ways to:

- \* Boost your alertness
- \* Increase relaxation
- \* Know when conflict is beneficial
- \* Relieve boredom
- \* Deal with the ebb and flow of other people
- \* Fight off mood swings and depression
- \* Strengthen your decision-making
- \* Increase and pool your physical strength
- \* Stay healthier
- \* Nurture your spirit
- \* Live creatively

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