

FOREWORD

This is a book that belongs in every home library. To many, balance in life reflects an Eastern philosophy. Perhaps, but in recent years it has become totally integrated into the Western world and never have I seen it elucidated as well as by Tonya Romano Schultz in this book. She makes it sound deceptively easy but her writing is a compilation of her many years experience as a psychotherapist and her exceptionally lucid thinking. Her Magic Four Plan puts forth the importance of the combination of Sleep, Nutrition, Exercise and Meditation and how you can help yourself attain this.

It provides a clear concise manual to creating your very best life possible! Not only will it help you, the reader, but it has a wonderful “spill over” effect to everyone you come in contact with. I have experienced this first hand with family and friends and will be forever grateful to Tonya for this “manual for life”. It helped me enormously through my own bout with cancer. Life is never easy or without pitfalls but it is the most precious thing we have and she shows us how to turn adversity into hope and wisdom and make the best of what we have. I flagged many of the pertinent sections for quick reference but I continue to read the entire book on a regular basis.

Jennifer Rachel Conover

Award-winning Author and Photojournalist

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