

## 'Free Mind, Free Body' Opens Mind to Success

*The human mind holds one of the keys to true success and happiness, according to D.R. Boisse's new book "Free Mind, Free Body."*

([PRWeb](#)) December 19, 2007 -- The human mind holds one of the keys to true success and happiness, according to D.R. Boisse's new book "[Free Mind, Free Body](#)." In today's world when it is so easy to be downtrodden, Boisse offers this breath of fresh air and new hope for self discovery.

"Free Mind, Free Body" helps create a proactive plan in the pursuit of healthy lifestyles. The book encourages readers to focus on the positive aspects of life, while learning from and growing on possible weaknesses.

"I truly believe readers have far more potential than they have ever recognized," Boisse says. "Through my simple step-by-step guide, I assist readers in connecting with the essential, yet often overlooked, functions of the mind."

In this unique motivational and inspirational book, Boisse explains the process of connecting with one's unconscious mind through open communication and analysis. Understanding these core qualities will empower readers to reach deeper and learn more about themselves. "Free Mind, Free Body" encourages readers to live freely, without the limitations of negative thoughts and emotions.

"Free Mind, Free Body" is available in softcover (ISBN 978-1-60264-034-4) from [Virtualbookworm.com](#), [Amazon.com](#) and [Barnes and Noble.com](#). The book can also be ordered from most bookstores around the United States and the United Kingdom.

### About D.R. Boisse

[D.R. Boisse](#) has dedicated himself to motivating, empowering, and instructing people while they work toward being their best. For over eight years, he owned and operated a successful personal training and consulting business, "The Way to Fitness" and also operated three popular web sites. He has since himself achieved both Trainer and Master Practitioner Licenses in Neuro-Linguistic Programming, Advanced Personal Trainer certification from the National Academy of Sports Medicine, and both Personal Trainer and Lifestyle and Weight Management certifications from the American Council on Exercise and a Black Belt in Kenpo Karate. He has worked with many medical professionals and natural health practitioners in the Los Angeles vicinity promoting self-improvement.

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