



# 101 Exercises for the Soul: Simple Practices for a Healthy Body, Mind, and Spirit

*Dr. Bernie S. Siegel*

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**101 Exercises for the Soul: Simple Practices for a Healthy Body, Mind, and Spirit** Dr. Bernie S. Siegel

In these pages, Dr. Bernie S. Siegel offers 101 simple exercises for the soul, a divine plan for healing yourself and transforming your life. With his trademark humor and insight, he becomes your “workout coach,” giving you this wonderful series of short and easy-to-apply exercises to help you achieve your potential and live a more peaceful, loving, and fulfilling life.

As Bernie writes in the introduction, “Before you know it, you will begin to notice how your life has taken on more meaning and how much better you feel...The Force is with you. Believe me.”

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