



# **It's All In Your Head: Change Your Mind - Change Your Health (Capital Ideas)**

*Mark Pettus*

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In America today, many suffer from the "Lifestyle Syndrome," where poor eating habits, lack of exercise, depression and anxiety have caused an epidemic of obesity, high blood pressure, diabetes, high blood lipids, substance abuse, and general poor health, not to mention the cost. We are an addicted society and need to change how we think, feel, and behave to live better and longer. But how?

In "It's All in Your Head," Dr. Mark Pettus tells how he turned his own life around and uses current scientific research to show that the secret to good health has been "in our heads" all the time. The will power to change in a positive manner, he reveals, is a biologic response that can be "turned on" in just four to six weeks to make us "addicted to health."

Dr. Pettus's four-week self-directed program uses positive emotions, meditation, dedicated work, and self-awareness, to begin to achieve health, healing, and life satisfaction. "It's All in Your Head" promises to change your mindset.

Crave activities like exercise, a healthy diet, less stress, and social stimulation as much as a smoker craves the next cigarette.

Gain greater awareness and control over the choices you make and their biological consequences.

Improve blood pressure, heart rate, and metabolic rate

Change your behavior and activities for better physical, emotional, and spiritual health

Create value in your life as you get up and start moving

Transform the fear in your life to greater confidence and well-being.

It's accessible, easy-to-absorb and put-into-action health care.

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