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The Self Improvement Show
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May 1st 2014: An Inside the mind Look at
Mindfulness

What is mindfulness anyway? What is your mind actually doing when you are being "mindful?" And how can this great tool, which is currently the rage in Western medicine, make a difference in the quality of your life? Best-selling author and research psychologist Dr. Joseph Cardillo, PhD is here to tell us. We will discuss how mindfulness can affect our health and happiness as well as how it can help specifically with anxiety, sleep, eating, stress and focus. And, of course, we will talk about how you can use it in your life and how being mindful can help you on a daily basis. The question? Can

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Featured Guest



Dr. Joseph Cardillo

Dr. Joseph Cardillo, PhD, is an inspirational speaker and sought-after expert on energy teaching. He is a best-selling author of several books in the fields of health, mind-body-spirit, and psychology.

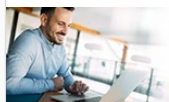
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