

## Endorsements for *Changing Habits*

- “*Changing Habits* presents an innovative program for good health and happiness: Activity Alleviates Anxiety. Debbie Mandel will help you find the balance between giving and receiving to transform stress into strength.”  
—**Deepak Chopra, M.D.**
- “Debbie Mandel is an important voice in the growingly more verdant wilderness. A calling toward the warm health of self-liberation for so many women striving to break past the tree-line of our feeling ‘lost in the dark wood of the world.’ She has in her own life walked the walk and now extends a strong hand to those who too are attempting to complete their birth and become all they can be.”  
—**Stephen Levine,**  
*Gradual Awakening and Unattended Sorrow*
- “Debbie Mandel reminds us that there are other reasons to exercise than the ones you have heard about. Yes, regular activity can reduce your risks for and help protect you against a number of physical illnesses. But it can also help people, especially people whose task it is to care for others . . . combat ailments that can’t be measured by a cholesterol test or an EKG. Things like depression, disillusionment, sadness; the inner crises that can be almost as, if not equally detrimental to our health. Exercise can help you in that part of your life, too, and this book will show you how.”  
—**John Hanc, Newsday**
- “Debbie Mandel’s innovative and timely *Changing Habits* can change your life. So what are you waiting for? Jump on the bandwagon and read this book.”  
—**S. Loyola M. Curtin,**  
**Parish Minister, St. Rose of Lima**
- “If you are a stressed out caregiver—whether by profession or simply because you see that as your lot in life—reading *Changing Habits* will make you feel better. Following the author’s sensible recommendations for movement and exercise, plus heeding the wisdom of the caregivers who lend their voices to this book, will show you the way to better health, peace of mind, and an optimistic view of the future.”  
—**John Nowinski,**  
*6 Questions That Can Change Your Life.*
- “*Changing Habits* provides straightforward advice for those living a stressful existence, bolstering the importance of the mind-body-spirit connection.”  
—**Melody T. McCloud, M.D., OB/GYN**  
*Blessed Health: The African-American Woman’s Guide to Physical & Spiritual Well-being*
- “Finally—an exercise program that truly encompasses body, mind and spirit. Mandel draws inspiration from a multitude of cultures and faiths to bring the reader uplifting, all-encompassing information about health and fitness. She takes such a positive approach to health, you can’t help but be moved to live a happier, more active lifestyle.”  
—**Liz Neporent**