

Contents

Foreword	Bernie S. Siegel, MD	9
Introduction:	How It All Began	11
Chapter 1:	The Triple A Program: Activity Alleviates Anxiety	15
Chapter 2:	Turn Stress into Strength	27
Chapter 3:	Lift Weights to Lift Your Spirits	35
Chapter 4:	Have Faith in Your Strength and Strength in Your Faith	46
Chapter 5:	Movement that Matters	57
Chapter 6:	What Is the Condition of Your House?	68
Chapter 7:	The Difference Between Passion and Compulsion	83
Chapter 8:	Don't Burn Out, Revitalize	93
Chapter 9:	Make the Humdrum Holy	103
Chapter 10:	Leaving the House	117
Chapter 11:	Nourishing the Body: Soul Food	128
Chapter 12:	The Aerobics High	153
Chapter 13:	The Changing Habits Program	166