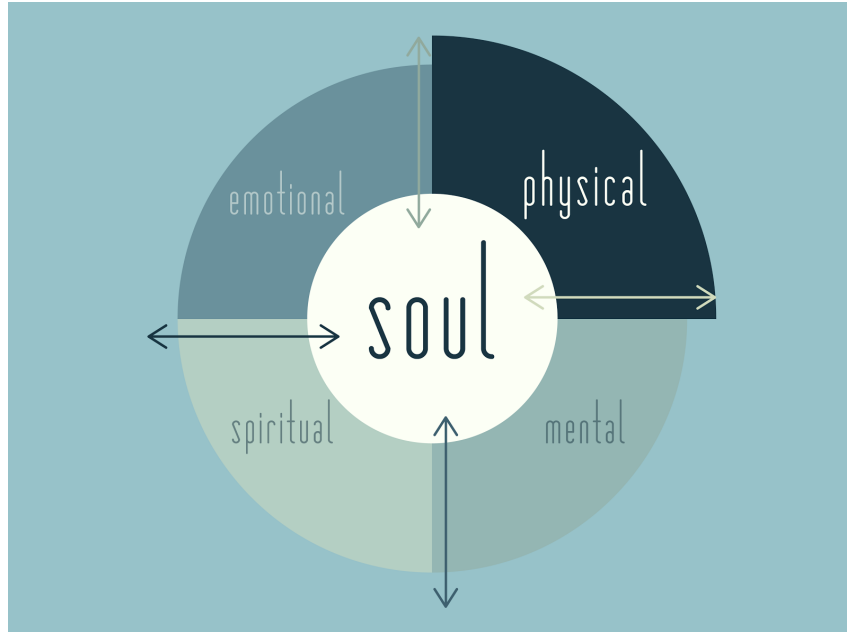


# Restoring The Soul

## Physical



The physical part of the soul is the tangible part.

Remember the 5 Senses from Kindergarten:

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●Diet-Taking care of the health of our bodies

●Movement

Beyond the Usual

TED Talks

“Amy Cuddy: Your Body Language shapes who you are.”

“Ron Gutman: The Hidden Power of Smiling”