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When Less is More: Using the Mind to Exercise the Body

Arieh Lev Breslow

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In *When Less is More*, Mr. Breslow challenges the underlying health notion of our society -- that more of something is necessarily better. He argues for adopting a sensible lifestyle known as the Middle Path and shows how this ancient philosophy, shared by such divergent thinkers as Confucius, Lao Tzu, Hippocrates, Moses Maimonides and Abraham Lincoln, is valid for us today. Then he guides the reader to his or her Middle Path through meditations, visualizations, physical exercises and commonsense advice. The journey is a fascinating exploration of the mind's power and its healing potential. *When Less is More* may change your life forever.

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