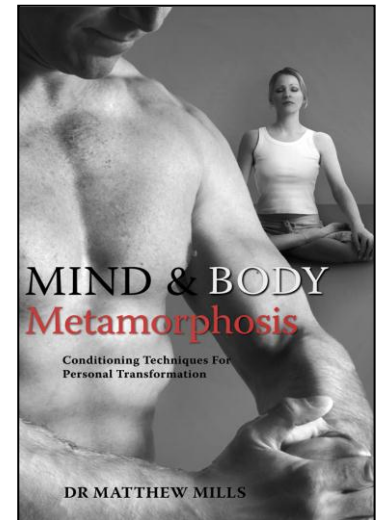


● **SUMMERSDALE PRESS RELEASE** ●
A LIFE CHANGING EXERCISE SYSTEM FOR THE NEW YEAR AND BEYOND!

MIND AND BODY METAMORPHOSIS

Conditioning Techniques For Personal Transformation

By Dr Matthew Mills



Whether you need to keep calm in the face of chaos or simply keep your waistline under control, this system is no nonsense and it works.

A training syllabus based on Eastern martial Arts, **Mind and Body Metamorphosis** is designed to establish and develop calm, mental focus and improved levels of fitness. The techniques in **Matthew Mills'** easy-to-follow exercise regime provide a series of straight forward lessons that can be integrated into daily life.

Most diet or exercise systems completely neglect the everyday psychological issues many of us face, such as insecurity and lack of fitness. This is why they almost always fail to deliver real results. **Mills** addresses the most common reasons that people give up and offers practical advice to ensure that your ultimate goals can be attained and maintained. **Mills'** approach offers a sustainable routine for body and mind, which will go far beyond the usual mid-January demise of those new year resolutions.

Including exercises to help avoid DVT and jet-lag on long-haul journeys, as well as techniques that have been adopted by management teams such as Honda Formula 1, this book will appeal to anyone who struggles to balance exercise with their hectic, modern lifestyle.

When January comes around, forget about that expensive gym membership, this book is the only equipment you will need.

About the author

Dr Mathew Mills has a Masters degree in Human and Applied Physiology and a PhD from the Department of Medicine, University College London. He is a regular speaker at conferences all over the world and has designed stress management and executive training packages for high profile companies aimed at enhancing fitness, health and mental focus. Mathew is also the model on the front of the book! **Mathew Mills is based in London.**

Note to Editors – to request a review copy please contact Dean Chant

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