



The Happy Body: Mastering Exercise Choices

Jerzy Gregorek

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asy choices, difficult life. Difficult choices, easy life. There are times when we feel overwhelmed and nothing seems to work. At such times, it is important to avoid feeling discouraged and to tap into whatever power and tools are available to help us achieve the desired breakthrough. This book harnesses the power of the discovery of a series of internal dialogues, to help readers achieve important goals in the realm of health and fitness. This is accomplished first by understanding the tension and interplay between the voices of the Fatalist and the Master within all of us. Readers are then invited to first extend these dialogues into their own lives and subsequently to articulate other key scenarios in their lives that are playing themselves out along similar lines. Ultimately, by importing the critical message into these various scenarios, you enable the voice of the Master within you to triumph. Jerzy Gregorek has been mentoring people for more than 30 years, to help them attain a happy and healthy lifestyle. He is the co-creator, together with his wife Aniela, of The Happy Body Program.

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