



Four Quadrant Living: Making Healthy Living Your New Way of Life

By Dina Colman

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Four Quadrant Living: Making Healthy Living Your New Way of Life By Dina Colman

A Guide to Creating Your New Health Destiny by Nourishing Your Mind, Body, Relationships, and Environment

Living healthy doesn't need to be complicated. *Four Quadrant Living* shows readers how to take responsibility for their own health by providing logically organized and easily implemented ideas and suggestions for nourishing the "four quadrants" of our lives. The book includes ways to reduce stress, live mindfully, eat well, exercise more, sleep better, engage in healthy relationships, and detoxify environments.

Many people worry about getting cancer, diabetes, Alzheimer's disease, or heart disease because it "runs in the family." This attitude encourages a passive, out-of-my-hands approach. Instead, *Four Quadrant Living* offers a new prescription for health, one that emphasizes positive steps readers can take to make healthy living a part of their daily routine. *Four Quadrant Living* provides simple, effective, and natural ways to help readers take control of their health so that they feel empowered, beat the odds, and live radiantly.

We may be eating well and exercising, but we cannot truly be healthy if our mind is stressed, our relationships are toxic, and our world is sick. Every day we make choices that impact our health—the foods we eat, the products we use, the exercise we get, the stress we allow, the people we surround ourselves with, and the environment we live in.

Four Quadrant Living guides readers to make healthy living a part of their daily lives, leading to abundant health, vitality, and happiness.

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Editorial Review

Review

(5 Stars) "*Four Quadrant Living* is a touchstone for this century. Colman's techniques are didactic, feasible, and clear-cut. The book is easy-going, and its neatly packaged affirmations and natural headway are necessary for any nightstand or bookshelf nearest you."

San Francisco Book Review

"*Four Quadrant Living*'s small-step approach to improving life is notably appealing. Colman packs plenty of sensible suggestions into this slim book. What might come off as judgmental in less-deft hands is here more like gentle advice from a close friend."

Kirkus Reviews

"This is not just a book about how to improve your health. I wouldn't trust it, if it was. This is a book about how to do Life. Those two--health and life--are inseparable. Anyone who writes about health, and doesn't realize that, still has a lot to learn."

Dick Bolles, author, *What Color Is Your Parachute?* (10,000,000 copies sold)

"Would you like your life to be both healthier and happier? Dina Colman's guidance will get you there. Her voice is clear, wise and reliable. Heed it and you'll be on your way to true wellness."

John Robbins, author of *Diet For A New America*

"In the most accessible and inviting language, Dina Colman has assembled a small book of simple but profound wisdom, complete with the suggestions needed to bring about the changes. It's a book that feels like a conversation with a close friend from the moment you open it. I know a few dozen people I'd like to give this to, and I bet you will too."

Sarah Susanka, author of *The Not So Big Life*

"Dina Colman provides the top-level strategy to do the right things the right way to change your life."

Guy Kawasaki, author of *APE: Author, Publisher, Entrepreneur*

"*Four Quadrant Living* is nothing short of a great "reset" button to keep your everyday life on track and moving in the direction of high quality living. If everyone lived the way Dina suggests, none of us would recognize the planet we currently live on."

Danny Dreyer, author of *Chi Running*

"Highly recommend. This book is filled with hundreds of practical ways to find balance in your life on all levels. While it is easy to just read quickly, to actively pursue these recommendations could supply a lifetime of self-reflection and improvement."

Liz Lipski, author of *Digestive Wellness*

"Dina Colman includes practices and exercises (and advice in general) that will help insure the result is health, not illness, and a life filled with more joy, vitality, strength, wellness, and happiness. If you're looking for a way to improve your life, this is a terrific place to begin."

Ken Wilber, author of *The Integral Vision*

"As Dina Colman wisely points out, contrary to common belief, our genes only rarely determine our destiny. This practical, easy-to-read book is a must read if you want to take charge of your health."

Len Saputo, author of *A Return to Healing*

From the Author

"Here is what I know for sure: We are the creators of our own lives. Actively and passionately choose the life you want. Seek out meaning, be happy, appreciate life, live mindfully, be authentic, share the journey with others, and walk softly on this earth." (*Four Quadrant Living*, page 195)

From the Back Cover

**A Guide to Creating Your New Health Destiny by
Nourishing Your Mind, Body, Relationships, & Environment**

Many people worry about getting cancer, diabetes, Alzheimer's disease, or heart disease because it "runs in the family." However, it could be our inherited bad habits, not our genes, that trigger these health issues.

Four Quadrant Living shows us how to take responsibility for our health and make healthy living part of our daily routine. Every day we make choices that impact our health--the foods we eat, the products we use, the exercise we get, the stress we allow, the people we surround ourselves with, and the environment we live in.

Inside, you'll find practical suggestions for nourishing the "four quadrants" of your life, including ways to reduce stress, live mindfully, eat well, exercise more, sleep better, engage in healthy relationships, and detoxify your environment.

Don't wait for your "wake-up" call to start living a healthier, happier life!

Users Review

From reader reviews:

Catrina Hall:

This Four Quadrant Living: Making Healthy Living Your New Way of Life book is just not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is information inside this book incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This Four Quadrant Living: Making Healthy Living Your New Way of Life without we comprehend teach the one who studying it become critical in pondering and analyzing. Don't become worry Four Quadrant Living: Making Healthy Living Your New Way of Life can bring if you are and not make your carrier space or bookshelves' turn out to be full because you can have it in the lovely laptop even telephone. This Four Quadrant Living: Making Healthy Living Your New Way of Life having fine arrangement in word and layout, so you will not really feel uninterested in reading.

Guillermo Behler:

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Robert Ross:

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Joyce Shryock:

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