

Mind-Body Fitness for Personal Trainers

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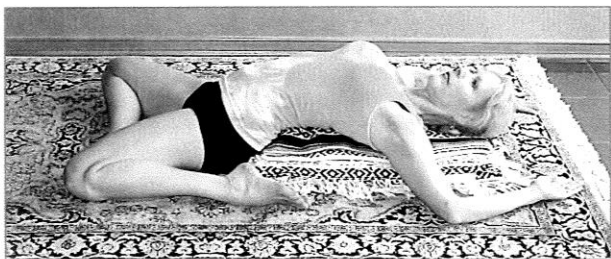
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PART ONE

*The
Embodied
Self*



Chapter 1 - Seeking the Good Life

Chapter 2 – The Cognitive Component

Chapter 3 - The Mind-Body Connection

Chapter 1

Seeking the Good Life

You, and everyone else, are seeking the Good Life. But what do we mean by the Good Life? Is it a fairy tale existence that is free from pain and suffering? Is it a lottery jackpot life that is filled with permanent purchasing-ability? Is this a life in which everything is easy and agreeable? Is this a life in which everything is affordable and manageable? Is this a life in which you are problem-free? Is this a life in which you are healthy, wealthy, and wise? Is the Good Life about having abundance, vitality, and longevity? What exactly constitutes the Good Life? And is it realistic to think that the Good Life's sense of happiness, contentment, and fulfillment can be cultivated and sustained on a daily basis and over the course of a lifetime?

Psychologist Carl Rogers tells us that the adjectives which seem generally appropriate to describe the Good Life are enriching, exciting, rewarding, challenging, and meaningful.⁴ These adjectives imply an intrinsic sense of worth that is derived from experiences that are not always pre-determined or easily controlled. They imply the ability to successfully resolve challenges by remaining unruffled and able to cope. These adjectives suggest that the Good Life is a lively and interactive process of becoming, not a static state of being. Becoming implies that we are in flux, moving, taking part in a process or journey. Becoming suggests that we are headed somewhere or evolving into something. Even if we can grasp the idea that we are on a journey that is more about growth, development, and progress, and less about reaching a final destination, the questions remain: Why are we on this path? Where are we going? Will we ever get there? These types of existential questions indicate the human desire to make sense of his or her current condition of embodiment. Ultimately our concern centers on determining the proper perspective. Am I living the life of an embodied human being (objective perspective) or am I living my life as an embodied human being (subjective perspective)? And which perspective yields the Good Life?