



The Book on Internal STRESS Release: Get Powerful Health and Nutritional Secrets

R. Melvin McKenzie, John P. Painter, Carl A. Totton

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With the combination of Coach Melvin's Dynamic Application of Internal Awareness™ (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes automatic, and with Dr. Painter's method of committed practice of Li Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

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