

Peer Reviews

A great motivator after back surgery. I walked up to 3 miles a day, stretched and lifted light weights. I lost 58 pounds, my movement and posture have improved, and the back pain is gone.

Christine Eisenhauer, APRN-BC, MSN
January 2006

I teach first semester nursing in a BSN Program and think this would be a wonderful class for nursing students.

Becky Brodell, RN, MS – CNE Reviewer
October 2004

The content and format are relevant and very well developed. I enjoyed the “conversational approach”.

Norma N. Wilkerson, RN, PhD
Summer 2004

I really like the concept. It's easy to understand and simple to put in practice for nearly any goal.

Amber N. Tweedy, RN, BSN
Summer 2004

The spiritual aspect is so very important. I don't think it can be stressed enough. The program helped to focus my efforts.

Mary Walkes, RN, MSN
Summer 2004