

People Recommending *Life Moves*

“Out of the unconscious, obsessive exercise craziness, Karen Danner's powerful and nurturing voice rises to call us all to a new paradigm of movement. It is a paradigm that returns us to our natural joy in moving our bodies, thereby moving our energy. This book hasn't just changed my life...it has given me back my joy in movement of my body temple. Thank you, Karen.”

–Rev. Michelle Medrano
Senior Minister, New Vision Spiritual Growth Center

“*Life Moves* helps identify and breakdown mental barriers and gives you tools you need to take action. Karen's approach is like a catalyst in a chemical reaction, easing the transition to an active and healthier lifestyle.”

–C. Todd Mayhew, D.C.
Founder of Mayhew Chiropractic

“I highly recommend Karen's groundbreaking book, *Life Moves—Exercise for the Love of the Lifestyle*. It will give you a new perspective on what wellness really means to you, and how to achieve your best results based on your own personal preferences. It will change the way you look at health and fitness.”

–P. Goldschmidt
President, Lifenet Strategies

“Cheers to *Life Moves*. Karen has an amazing way of turning illusive behavior concepts, which we don't realize we're doing, into clear and conscious actions. The beauty is...the simple basic steps described in *Life Moves* will work in any other part of anyone's life needing change—diet, career, relationships. *Life Moves* is like having a personal coach for the soul.”

–Trudy Sheets
Playful Exerciser

“Given the importance of moving our bodies for health, well-being, and peak performance at home and work, it is well worth the stroll through Karen's lovely book *Life Moves* to go within and contemplate the mental and spiritual foundation needed to make moving our bodies an unshakable part of our lives. Pick up any chapter when you have a few moments to be mindful, and explore the wisdom and helpful exercises.”

–Margaret Moore
Founder & CEO of Wellcoaches Corporation

“*Life Moves* is an extraordinary book! As a regular exerciser, reading *Life Moves* encouraged and inspired me to expand and grow my exercise routine, my exercise vision. I am excited about all the new possibilities for integrating exercise more firmly into my lifestyle. I now **know** that exercise will always be a part of my life. Thank you, Karen, for pointing the way to go within to change without, forever!”

–Gayle Danner
President, Love Yourself Well

“*Life Moves* provides a highly illuminating way of thinking and feeling about exercise that empowers the reader to question and challenge traditional beliefs and feelings about what we should do for exercise. Karen highlights the importance of being able to reinterpret and internalize knowledge as it relates to you and your feelings, develop the skill to apply that knowledge and finally, the desire or motivation to actually apply it.”

–Dr. Wayne Phillips
Professor, Arizona State University

“As a non-exerciser, the concepts depicted in *Life Moves* leads me to rethink my beliefs about an exercise lifestyle. I have used every excuse imaginable to not exercise but Karen’s step-by-step analysis and guide is so worthwhile to a beginner like me I am reviewing ways of putting fun exercise into my life now. I recommend everyone wanting to enrich their lives read this wonderfully written and thought out book!”

Joy Peters
Non-exerciser, Age 70

“I LOVED *Life Moves*. Karen has a simple, yet very unique way of fitting exercise into our lives. After reading her book, I found exercise to be enjoyable and easy and no longer something I felt I had to make time for. It became effortless. I have all my clients read *Life Moves*. This book will wake up America. This book can and will change lives.”

–Merilee Stetler
Life Coach & Empowered Women Group Facilitator