



MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

WELLNESS CHECKUP: BODY & MIND!

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



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PHYSICAL
HEALTH AND
MIND HEALTH
CHECK UP!



By Charles E. Winburn, M.Ed.



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**Master Life Coach
Charlie Winburn**

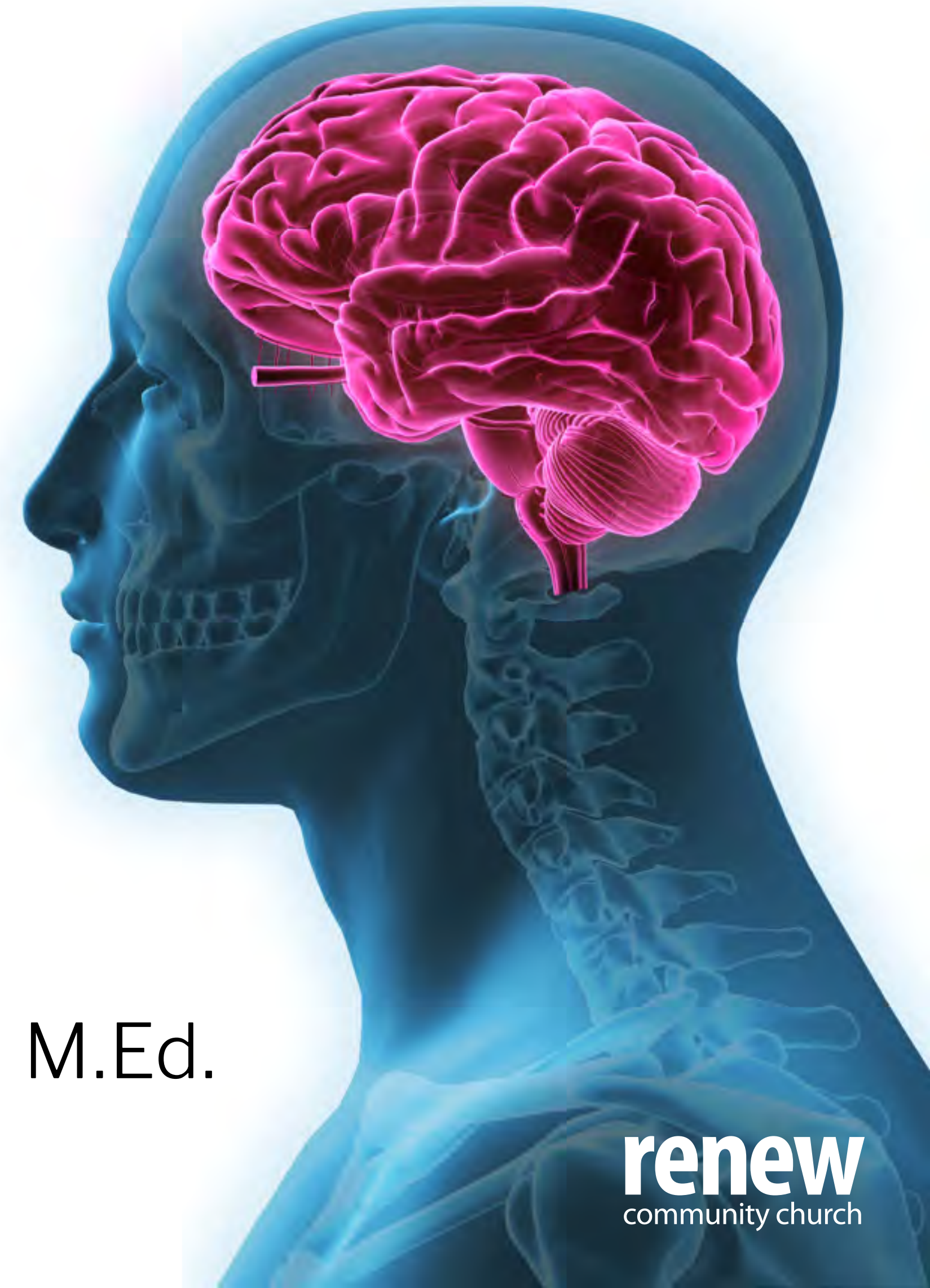


Coach Chuck Futel



Coach Dan Ray

DIVINE HEALTH AND WELLNESS!



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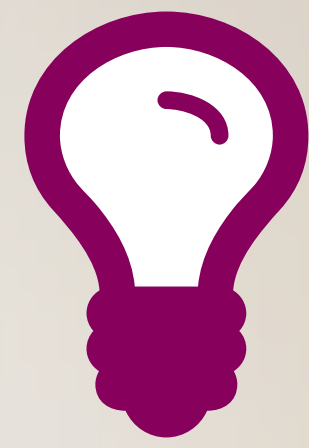


Coach Dan Ray

MENTAL HEALTH UPDATE!



By Charles E. Winburn, M.Ed.



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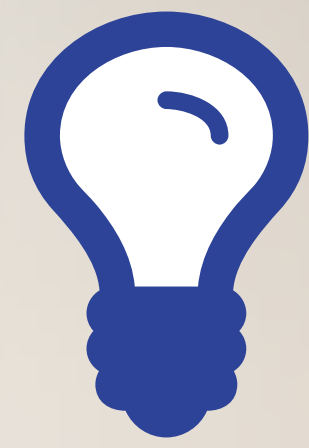


Coach Dan Ray

KEY HEALTH MARKERS:

- HORMONES
- INFLAMMATION
- OXIDATIVE STRESS
- TOXICITY

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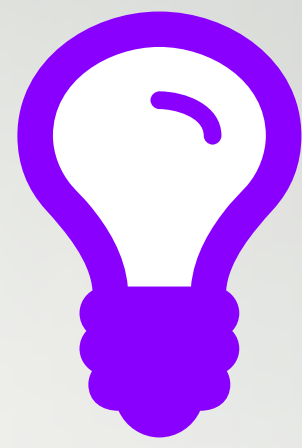


Coach Dan Ray

KEY HEALTH MARKERS:

- WEIGHT LOSS
- PHYSICAL EXERCISE
- C-REACTIVE PROTEIN
- UNTREATED CHILDHOOD TRAUMA

By Charles E. Winburn, M.Ed.



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LINK BETWEEN:

- DIABETES
- DEMENTIA
- ALZHEIMER'S DISEASE

By Charles E. Winburn, M.Ed.



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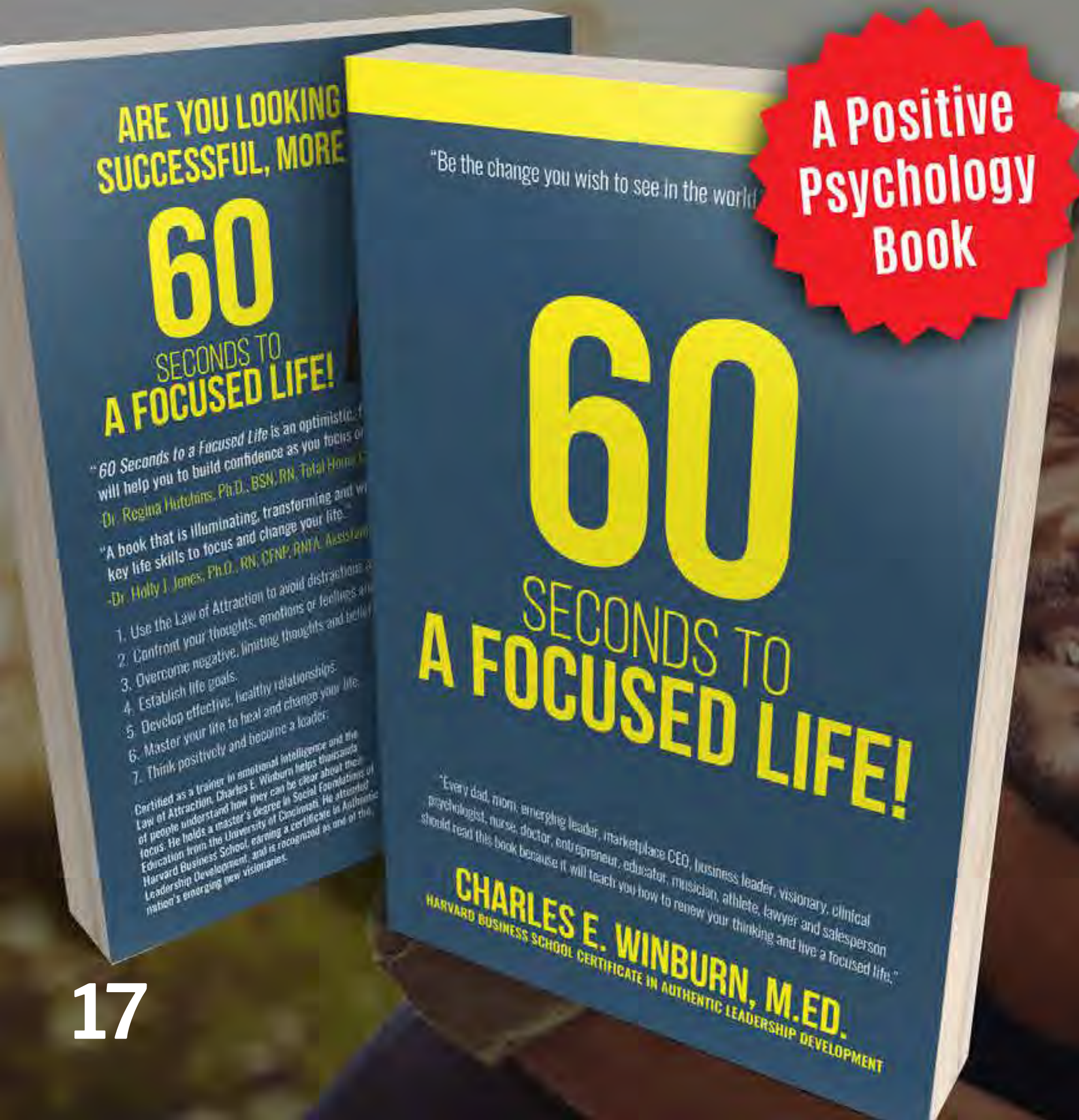
National Domestic Violence Hotline

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But grow in grace, and in the knowledge of our Lord and Savior Jesus Christ. To him be glory both now and for ever. Amen.

2 Peter 3:18

**But speaking the truth in love, may
grow up into him in all things, which
is the head, even Christ:**

Ephesians 4:15

For this cause we also, since the day we heard it, do not cease to pray for you, and desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding; That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God;

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.

2 Timothy 3:16-17

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

Physical Health: Healing, Strength, and Wellness

**For I will restore health unto thee,
and I will heal thee of thy wounds,
saith the LORD.**

Jeremiah 30:17

**Bless the LORD, O my soul, and
forget not all his benefits: Who
forgiveth all thine iniquities; who
healeth all thy diseases.**

Psalm 103:2-3

**Beloved, I wish above all things
that thou mayest prosper and be in
health, even as thy soul prospereth.**

3 John 1:2

**The LORD will strengthen him upon
the bed of languishing: thou wilt
make all his bed in his sickness.**

Psalm 41:3

**Surely he hath borne our griefs,
and carried our sorrows: yet we
did esteem him stricken, smitten
of God, and afflicted. But he was
wounded for our transgressions,
he was bruised for our iniquities:
the chastisement of our peace was
upon him; and with his stripes we
are healed.**

Isaiah 53:4-5

When the even was come, they brought unto him many that were possessed with divers spirits: and he cast out the spirits with his word, and healed all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses.

Matthew 8:16-17

Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the LORD shall raise him up; and if he have committed sins, they shall be forgiven him.

James 5:14-15

Mental Health: Peace, Anxiety, and Mind Renewal

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:6-7

**Thou wilt keep him in perfect
peace, whose mind is stayed on
thee: because he trusteth in thee.**

Isaiah 26:3

**Peace I leave with you, my peace
I give unto you: not as the world
giveth, give I unto you. Let not your
heart be troubled, neither let it
be afraid.**

John 14:27

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

**Rest in the LORD, and wait
patiently for him: fret not thyself
because of him who prospereth in
his way, because of the man who
bringeth wicked devices to pass.**

Psalm 37:7

**In the multitude of my thoughts
within me thy comforts delight
my soul.**

Psalm 94:19

Spirit
Greek: *Pneuma*

Body

Greek: *Soma*

Mind (Soul)
Greek: *Psuche*

Spirit

Regenerated human spirit

Divinity

Deity

Spiritual

Body

Human body

Physical body

Physiology

Physique

Mind

Intellect

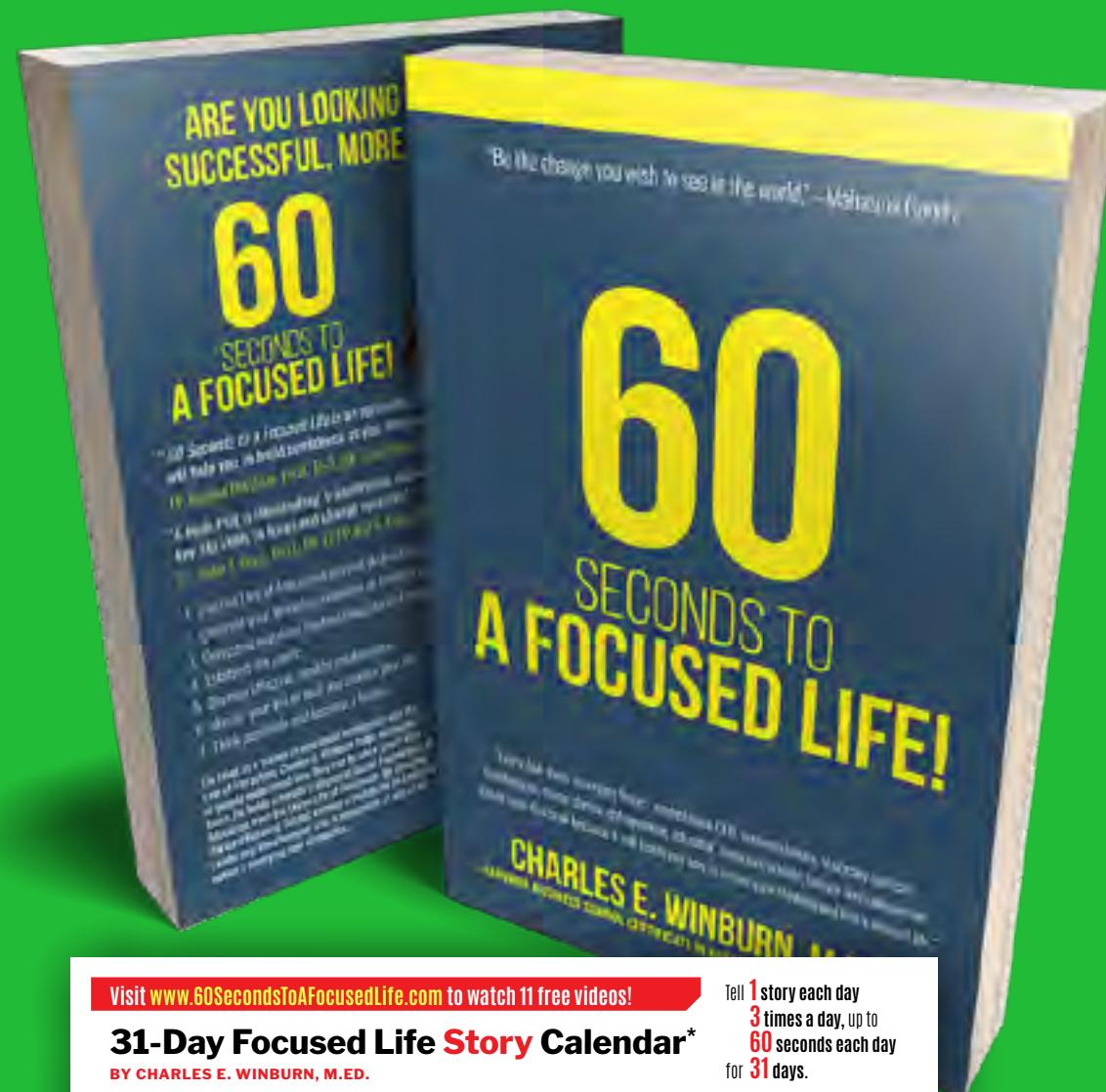
Will

Ego

Imagination

Creativity

Emotions



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AI Research

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for 31 days.

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DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to love and express my love today.	DAY 4 It is my divine and human right to work in peace and to rest in peace and to rest in peace today.	DAY 5 It is my divine and human right to walk with wisdom and the skill of God today.	DAY 6 It is my divine and human right to enjoy peace and serenity today.	DAY 7 It is my divine and human right to give myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and to have a great outlook on life today.	DAY 10 It is my divine and human right to be peaceful and to have peace in my life and in the lives of others today.	DAY 11 It is my divine and human right to be kind today.	DAY 12 It is my divine and human right to walk in the love and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in peace today.	DAY 16 It is my divine and human right to be peaceful and to have peace in my life and in the lives of others today.	DAY 17 It is my divine and human right to be peaceful and to have peace in my life and in the lives of others today.	DAY 18 It is my divine and human right to be peaceful and to have peace in my life and in the lives of others today.	DAY 19 It is my divine and human right to be peaceful and to have peace in my life and in the lives of others today.	DAY 20 It is my divine and human right to be peaceful and to have peace in my life and in the lives of others today.	DAY 21 It is my divine and human right to be peaceful and to have peace in my life and in the lives of others today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the love and kindness of God today.	DAY 25 It is my divine and human right to focus on what I want today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to be in all the fullness of God's promises today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have plenty of money and materials to bless others today.	* It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			

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1. Establish a daily quiet time prayer and contemplation

**But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.
(Matthew 6:6)**

Practical tips: set a consistent time, create a simple space, and use brief prayer prompts or a journal.

2. Read and meditate on Scripture regularly

**Thy word have I hid in mine
heart, that I might not sin
against thee. (Psalm 119:11)**

Practical tips: start with a short daily reading plan, use a notebook to note insights, and meditate on a verse or passage.

3. Practice regular worship and gratitude

**O come, let us sing unto the LORD: let us make a joyful noise unto the rock of our salvation.
(Psalm 95:1)**

Practical tips: incorporate singing, hymns, or psalms; thank God for daily blessings in prayer.

4. Seek community and accountability

And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers. (Acts 2:42)

Practical tips: join a Bible study, prayer group, or church community; share goals and progress with a trusted friend.

5. Practice repentance and humility

**Be clothed with humility: for God resisteth the proud, and giveth grace to the humble.
(1 Peter 5:5)**

Practical tips: confess struggles honestly, seek forgiveness, and rely on God's grace daily.

6. Serve others and practice generosity

**For I was hungry, and ye gave me meat: I was thirsty, and ye gave me drink: ... Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.
(Matthew 25:35-40)**

Practical tips: volunteer, give financially, or help someone in need in small, tangible ways.

**7. Develop spiritual disciplines
(fasting, study, solitude)**

**Moreover when ye fast, be
not, as the hypocrites, of a sad
countenance. Matthew 6:16**

Practical tips: plan occasional biblically grounded fasts, set aside times of solitude for listening to God.

8. Memorize Scripture for daily prompts and temptation resistance

Thy word have I hid in mine heart, that I might not sin against thee. (Psalm 119:11)

**Practical tips: choose 1–2
verses per week to memorize;
review them during the day.**

9. Cultivate a heart of praise in all circumstances

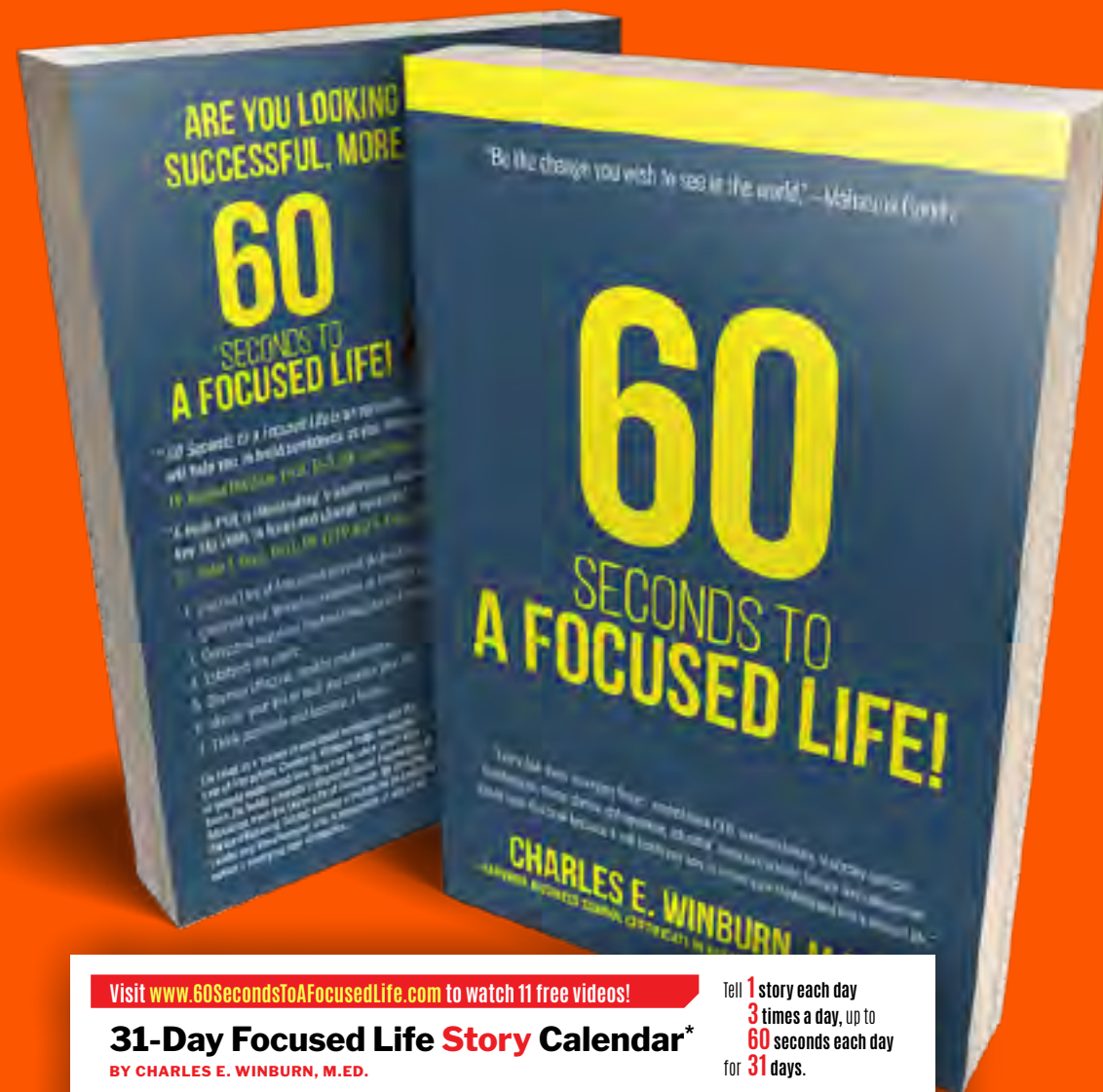
**Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.
(1 Thessalonians 5:16-18)**

Practical tips: practice a gratitude snapshot at day's end; look for God's presence in daily moments.

**10. Seek holy living and alignment
with God's will**

**If ye love me, keep my
commandments. (John 14:15)**

Practical tips: align choices with biblical values, seek the Spirit's guidance in decisions, and regularly evaluate life choices.



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DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be great and to be great on the earth today.	DAY 10 It is my divine and human right to be great and to be great on the earth today.	DAY 11 It is my divine and human right to be great and to be great on the earth today.	DAY 12 It is my divine and human right to be great and to be great on the earth today.	DAY 13 It is my divine and human right to be great and to be great on the earth today.	DAY 14 It is my divine and human right to be great and to be great on the earth today.
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1. Prioritize balanced nutrition

- Eat a variety of whole foods: fruits, vegetables, lean proteins, whole grains, healthy fats.**
- Control portions and avoid ultra-processed foods most of the time.**
- Hydrate adequately: aim for about 8 cups (2 liters) daily, adjusting for activity and climate.**

- **Plan meals to support energy, mood, and recovery.**
- **Practice mindful eating: slow down, savor, and listen to hunger/fullness cues.**

2. Establish a consistent exercise routine

- Include a mix of cardiovascular, strength, flexibility, and balance activities.**
- Aim for at least 150 minutes of moderate cardio or 75 minutes of vigorous cardio weekly.**
- Schedule workouts like important appointments to build consistency.**

- **Progress gradually to avoid injury (increase intensity or volume by small increments).**
- **Include rest days to allow recovery.**

3. Build and maintain muscular strength

- **Perform major lifts or bodyweight moves 2–3 times per week.**
- **Focus on compound movements: squats, deadlifts, pushes, pulls.**
- **Include progressive overload: add reps, sets, or resistance over time.**
- **Balance muscle groups to prevent imbalances.**

- **Prioritize proper form and technique over heavy loads to reduce injury risk.**

4. Improve cardiovascular health

- Choose activities you enjoy: brisk walking, cycling, swimming, running.**
- Include interval training to boost heart health and endurance.**
- Monitor intensity using talk test or heart rate zones.**

- **Gradually increase duration and intensity.**
- **Combine cardio with strength for a well-rounded approach.**

5. Optimize sleep quality

- **Aim for 7–9 hours per night (individual needs vary).**
- **Maintain a regular sleep schedule, even on weekends.**
- **Create a calming pre-sleep routine and a cool, dark, quiet bedroom.**
- **Limit caffeine and screen time close to bedtime.**

- **If sleep problems persist, consult a healthcare professional.**

6. Manage stress effectively

- **Practice mindfulness, meditation, or breathing exercises daily.**
- **Break tasks into smaller steps and set realistic goals.**
- **Prioritize self-care and social connections.**
- **Exercise regularly, which also helps regulate stress hormones.**

- **Seek professional support if stress or anxiety become overwhelming.**

7. Maintain a healthy hydration habit

- **Sip water throughout the day rather than chugging occasional large amounts.**
- **Increase intake during exercise, heat, or illness.**
- **Use beverages like herbal tea or water-rich foods to contribute to hydration.**

- **Limit sugary drinks and excessive caffeine.**

8. Minimize sedentary behavior

- **Stand up and move every 30–60 minutes, especially if you have a desk job.**
- **Use a standing desk or take short activity breaks.**
- **Incorporate walking meetings or short strolls after meals.**

- **Choose active hobbies (dancing, hiking, sports).**
- **Track daily steps or movement with a wearable to stay accountable.**

9. Prioritize quality protein intake

- Include a source of protein at each meal (e.g., eggs, dairy, legumes, lean meats, fish, tofu).**
- Balance protein distribution across the day to support muscle maintenance.**
- Consider higher-protein options after workouts to support recovery.**

- **Adjust intake based on body weight, activity, and goals.**

10. Build healthy fat habits

- **Include sources of healthy fats: avocados, nuts, seeds, olive oil, fatty fish.**
- **Limit trans fats and minimize saturated fats where appropriate.**
- **Balance omega-3 and omega-6 intake with real-food sources or supplements if advised.**

11. Monitor body composition and health markers

- **Track weight trends, measurements, or body fat percentage as appropriate.**
- **Pay attention to energy levels, performance, and recovery, not just scale weight.**

- **Schedule periodic checkups and blood work as recommended by a clinician.**
- **Use data to adjust nutrition and training plans rather than chasing quick fixes.**

12. Practice proper movement mechanics

- **Warm up before exercise with dynamic stretches or light cardio.**
- **Focus on mobility and flexibility to support range of motion.**
- **Include core stability and posture work for everyday movement.**

- **Seek coaching to learn correct techniques for complex movements.**
- **Listen to your body; modify or skip movements that cause pain.**

13. Build a resilient immune-supporting routine

- **Get sufficient sleep and manage stress to support immune function.**
- **Eat a varied, nutrient-dense diet rich in fruits, vegetables, and micronutrients.**
- **Stay active, but avoid overtraining which can dampen immunity.**

- **Practice good hygiene and vaccination as recommended.**
- **Stay hydrated and consider probiotic-rich foods or supplements if advised by a clinician.**

14. Create a sustainable healthy lifestyle plan

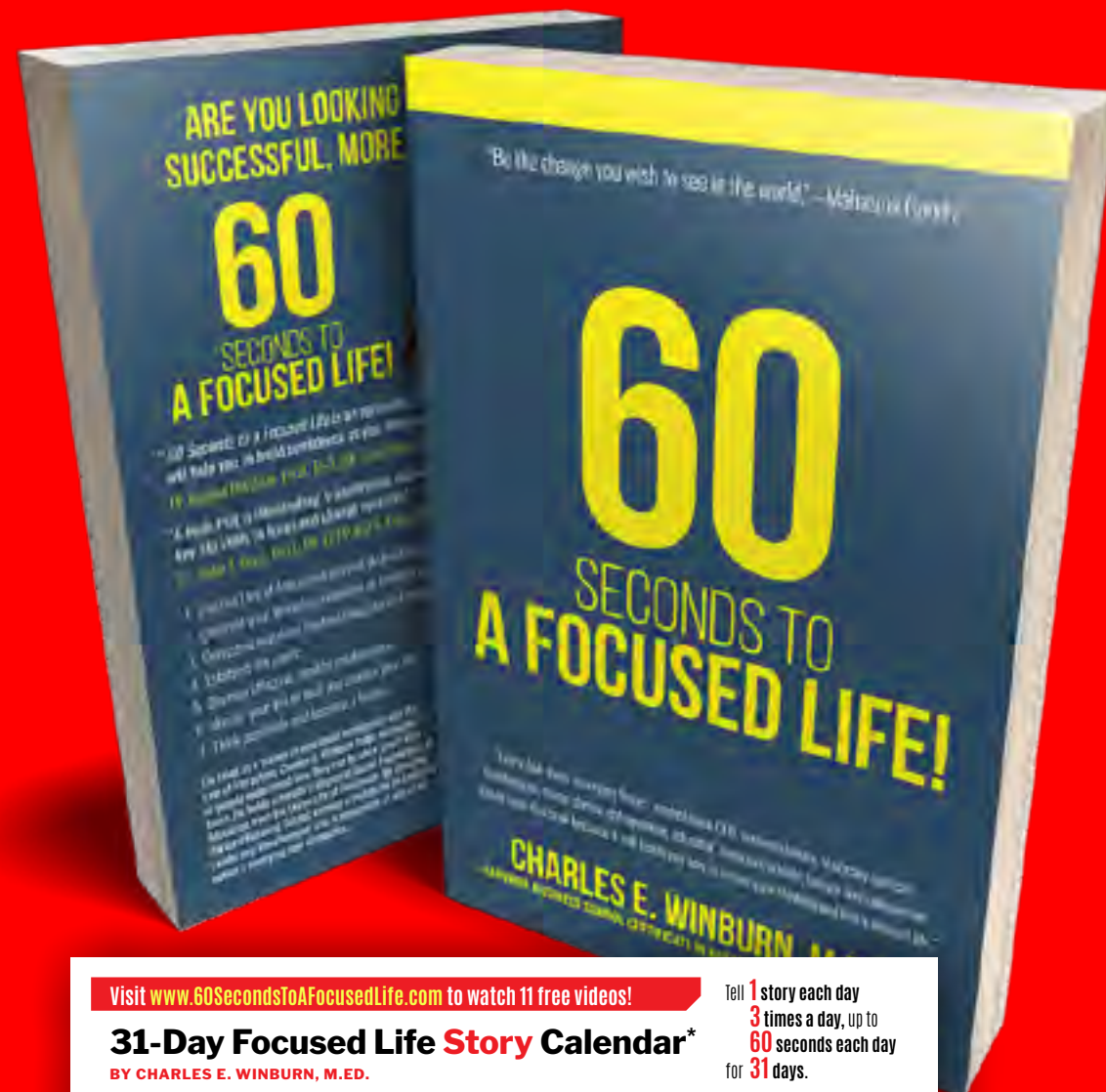
- **Set clear, realistic goals with timelines.**
- **Develop an action plan with weekly steps and milestones.**
- **Build a support system—friends, family, or a coach.**

- **Allow flexibility for life events; avoid all-or-nothing thinking.**
- **Regularly review and adjust goals based on progress and enjoyment.**

15. Prioritize recovery and self-care

- **Include cool-downs after workouts and stretch to improve flexibility.**
- **Use methods like foam rolling, massages, or baths to aid recovery.**
- **Schedule rest weeks or deload periods after intense training blocks.**

- **Listen to signs of overtraining: persistent fatigue, poor sleep, mood changes.**
- **Invest in activities that recharge you mentally and physically.**



Is there a link between diabetes, dementia, and Alzheimer's?

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1. What diabetes is (in simple terms)

- Diabetes is a condition where your body isn't good at using insulin or doesn't have enough insulin.**
- This leads to high blood sugar (glucose) levels.**
- Over time, high blood sugar can harm many parts of the body, including the brain and blood vessels.**

2. What dementia is (in simple terms)

- Dementia is a group of problems that affect memory, thinking, and daily living.**
- It's not a normal part of aging, and many different diseases can cause it.**
- Alzheimer's disease is the most common type of dementia.**

3. What Alzheimer's disease is (in simple terms)

- Alzheimer's is a brain disease that slowly damages memory and thinking.**
- In the brain, people with Alzheimer's often have sticky clumps called amyloid plaques and twisted threads called tau tangles.**
- It gets worse over years and affects daily life.**

4. What “diabetes dementia” means (in simple terms)

- People with long-standing or poorly controlled diabetes have a higher risk of developing cognitive problems and dementia.**
- This isn’t a separate disease; it means diabetes contributed to brain changes that can lead to dementia.**

- **The brain changes come from the same diabetes-related processes we just talked about: blood vessel damage, inflammation, insulin signaling trouble, and oxidative stress.**
- **It can show up as memory and thinking problems, similar to other kinds of dementia, but with diabetes-related factors playing a big role.**

5. How diabetes and Alzheimer's are linked (in plain language)

- Blood vessel damage: Diabetes can harm small blood vessels in the brain, reducing blood flow and nutrients. That can make brain cells less healthy and speed up dementia.**

- **Insulin signals:** The brain uses insulin-like signals to help memory and learning. Diabetes can disrupt these signals, which may contribute to memory problems and Alzheimer's-like changes.
- **Protein cleanup:** High insulin levels can compete with the brain's system for clearing amyloid plaques, potentially letting more of these Alzheimer's-related proteins build up.

- **Inflammation and stress: Diabetes keeps the body in a low-level inflammatory state, which can affect the brain and promote dementia-related changes.**
- **A common risk factor picture: Conditions often linked with diabetes—high blood pressure, cholesterol problems, obesity—also raise dementia risk. Together, they increase the chance of cognitive decline.**

6. Key takeaways

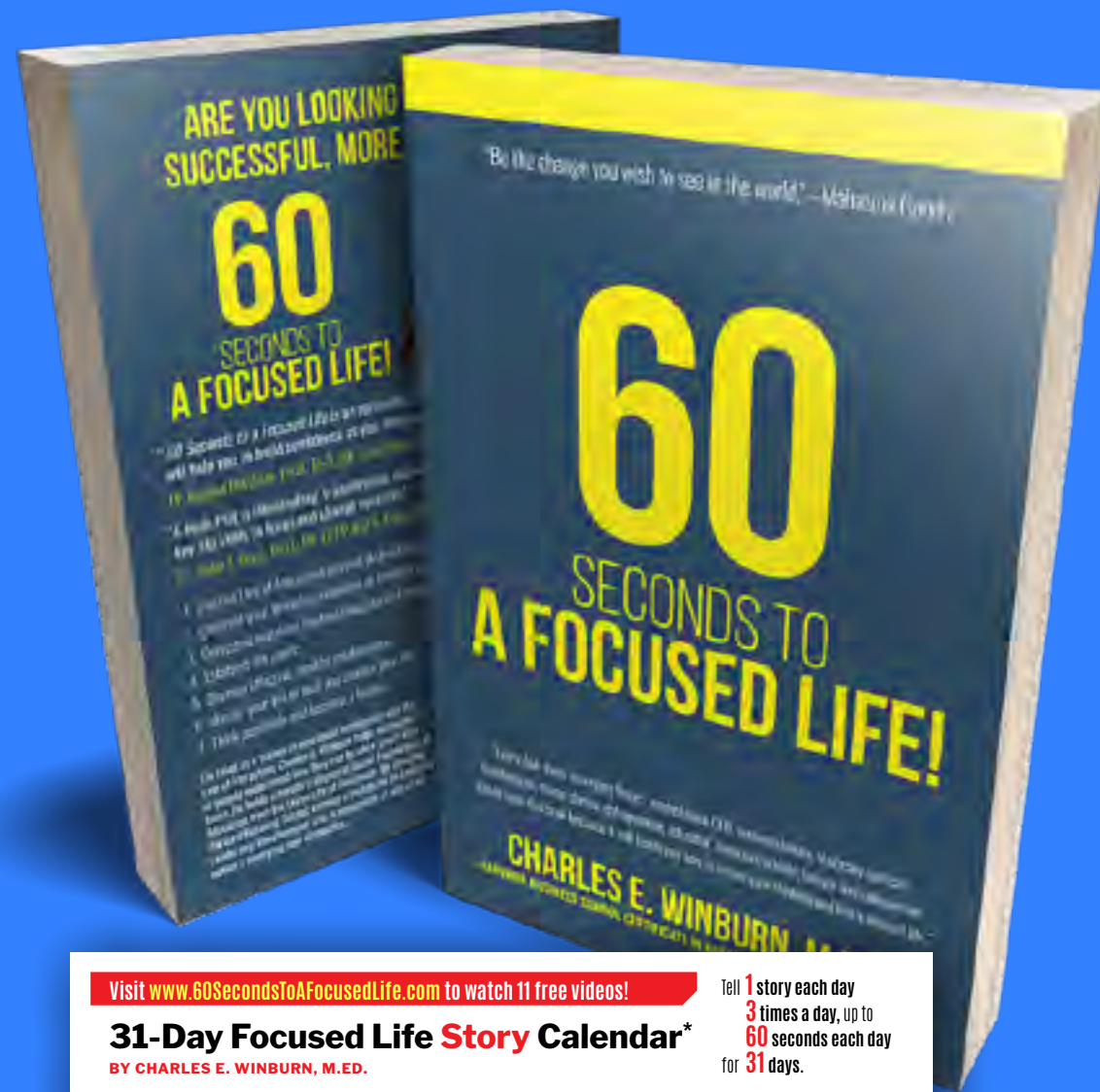
- **Diabetes increases the risk of dementia and Alzheimer's-like brain changes, but having diabetes does not guarantee you'll get dementia.**
- **“Diabetes dementia” is not a separate disease; it describes dementia that is influenced by diabetes-related problems.**

- **Alzheimer's disease is a specific brain disease with characteristic brain changes (amyloid plaques and tau tangles) that can contribute to dementia, and diabetes can raise the risk or accelerate these processes.**

7. Practical tips to reduce risk (straightforward ideas)

- Keep blood sugar, blood pressure, and cholesterol in a healthy range.**
- Stay physically active (even regular walks help).**
- Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.**
- Don't smoke, and limit alcohol.**

- **Get regular medical checkups and talk with your healthcare provider about brain health and cognitive screening if you're concerned.**
- **Manage stress and sleep well; both affect your overall health, including the brain.**



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60 seconds each day
for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to love and express my love today.	DAY 4 It is my divine and human right to work in peace and to rest by the Holy Spirit today.	DAY 5 It is my divine and human right to walk with wisdom and the will of God today.	DAY 6 It is my divine and human right to enjoy peace and serenity today.	DAY 7 It is my divine and human right to give myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and to have a great outlook on life today.	DAY 10 It is my divine and human right to be peaceful and to have peace in the work and in the world today.	DAY 11 It is my divine and human right to be safe today.	DAY 12 It is my divine and human right to walk in the love and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be successful in all that I do and to have peace and joy today.	DAY 17 It is my divine and human right to be free and to have freedom today.	DAY 18 It is my divine and human right to be in the presence of God today.	DAY 19 It is my divine and human right to live, love and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a conqueror over my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the will of God and to be free in God today.	DAY 25 It is my divine and human right to focus on what I want, I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's promises today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have plenty of money and materials to bless others today.	*It takes approximately 21 days to get rid of a negative vibration. In 31 days you will have created for yourself a positive and life-changing emotional vibration.			

LEADERSHIP CONCEPTS LLC

60SecondsToAFocusedLife.com

1. Practice gratitude daily

- **Keep a short gratitude list (3–5 items) each day.**
- **Reflect on why each item matters and how it changes your perspective.**
- **Regular gratitude shifts attention from lack to abundance.**

2. Reframe negative thoughts

- Notice automatic thoughts as they arise.**
- Challenge them: “Is this really true? What’s the evidence?”**
- Replace with balanced or constructive alternatives to reduce rumination.**

3. Build a growth-oriented mindset

- **See challenges as opportunities to learn rather than threats.**
- **Embrace effort, persistence, and strategy over innate talent.**
- **Celebrate small improvements to reinforce progress.**

4. Cultivate mindfulness and present-moment awareness

- Practice short, daily mindfulness sessions (5–10 minutes).**
- Observe thoughts and feelings without judgment.**
- Being present reduces overthinking and increases savoring of experiences.**

5. Strengthen social connections

- **Schedule regular meaningful interactions (quality over quantity).**
- **Practice active listening and vulnerability with trusted people.**
- **Strong relationships are a key predictor of happiness.**

6. Align actions with values

- **Identify your core values (e.g., kindness, integrity, curiosity).**
- **Make small, consistent choices that reflect them.**
- **Congruence between values and actions boosts inner peace.**

7. Engage in regular physical activity

- **Choose enjoyable activities (walking, dancing, cycling, workouts).**
- **Aim for consistency rather than intensity—3–5 days per week helps mood.**
- **Exercise releases endorphins and improves mental well-being.**

8. Prioritize sleep and recovery

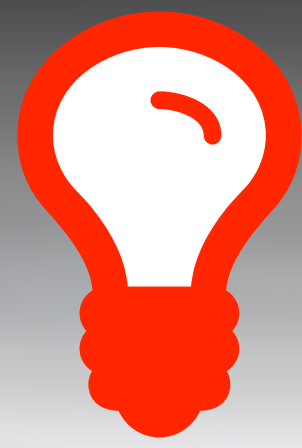
- Establish a consistent sleep schedule (same wake and bed times).**
- Create a calming pre-sleep routine and optimize sleep environment.**
- Quality sleep supports emotional regulation and happiness.**

9. Practice self-compassion

- Speak to yourself with kindness during mistakes.**
- Acknowledge that suffering and imperfect progress are universal.**
- Self-compassion reduces harsh self-criticism and boosts resilience.**

10. Set meaningful, achievable goals

- **Break large goals into small, doable steps.**
- **Track progress and celebrate milestones.**
- **Clear purpose and momentum elevate mood and motivation.**



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

WELLNESS CHECKUP: SPIRIT, BODY AND MIND!



By Charles E. Winburn, M.Ed.