

ANNOTATION SHEET

Rutstein on Fitness: Strengthening the Body to Heal the Mind

by Jeff Rutstein

“While many trainers pay lip service to the notion that exercise should be done to make you feel good rather than to make you look good, Rutstein actually adheres to the concept.”

- The Boston Globe

For almost two decades, Jeff Rutstein has provided fitness training with peak performance secondary to the psychological benefits. Those who have endorsed and experienced the value of his program include doctors and mental health professionals from Harvard and other Boston area colleges and universities; clients suffering from depression; people recovering from addiction; and those dealing with stress. Now, in his new book, *Rutstein on Fitness*, Jeff deconstructs old ideas of exercise in favor of mindful exercise and sets aside the *no pain, no gain* philosophy in favor of a new, more productive way of exercise in which the primary purpose of physical accomplishment is to augment emotional well-being.

“When done correctly, strength training is about rebuilding a foundation of mental and physical strength. It’s about health and self-respect. It’s about feeling a sense of strength that emanates from your body and permeates your psyche.”

Jeff Rutstein

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| Title: | <i>Rutstein on Fitness: Strengthening the Body to Heal the Mind</i> |
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