

WHAT PEOPLE ARE SAYING ABOUT JEFF RUTSTEIN

and his book

Rutstein on Fitness: Strengthening the Body to Heal the Mind

The day you realize you are a divine child loved by us and your Creator, Jeff's book will help guide you to a new life.

- Bernie Siegel, M.D.
author of *Love Medicine & Miracles*

Anxiety and depression are among the most common afflictions facing the human race. Add alcohol and drug abuse, and you are talking about problems that face close to half the population of the United States at some point in life... Exercise will hasten recovery, improve well being, increase stress tolerance, relieve physical discomforts, improve physical health and appearance, and boost self-esteem and self-confidence... My main resource has been to refer them to Jeff Rutstein for consultation and guidance... This book puts a carefully thought-out, safe, and doable fitness program at the fingertips of people who need it.

- J. Alexander Bodkin, M.D.
Chief of the Clinical Psychopharmacology Research Program, McLean Hospital

Jeff's striking story and experience with many clients illustrate the tremendous psychiatric benefits of a rational exercise program.

- Harrison G. Pope, Jr., M.D.
Professor of Psychiatry, Harvard Medical School

Patients undergoing cancer therapy or recovering from surgery are an ideal population of people to benefit from this book. I strongly recommend to my patients that they read this book in its entirety and put Mr. Rutstein's lessons to work in their lives.

- David J. Sugarbaker, M.D.
Professor of Surgery, Harvard Medical School

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*

Your mind and body start to reconnect, and it feels great.

- *Nautilus Magazine*

As doctors discover how emotions can help heal the body, fitness specialist Jeff Rutstein...shares his road to recovery with others.

- *Reuters*

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