

July 2004



**New Personal Development
Articles, Book Extracts, Poems or
Stories for July 2004**

Mindbodyspirit Internet Magazine

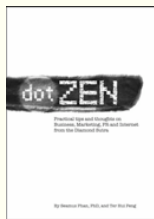
New Courses

New Sites

**To our new release
Book Shop items**



Book Extract By Seamus PHAN and Ching-Jung PHAN titled This Body This Life
Bestselling book on holistic health and fitness by brothers Dr Seamus Phan and international champion bodybuilder CJ Phan, both of whom have 20 years of experience in health and fitness, and in conquering personal medical limitations.
Subject Area - Health Resources
<http://www.thisbodythislife.com> . email to seamus@seamusphan.com . Item added 2004 06



Book Extract By Seamus PHAN and Ching-Jung PHAN titled Dot ZEN - Practical tips and thoughts on Business, Marketing, PR and Internet
More than 30 years of field experience in business, marketing, branding, Internet and entrepreneurship, co-written by authors Dr Seamus Phan and Ter Hui-Peng, based on philosophy from the Diamond Sutra, a major Zen work.
Subject Area - Motivation and Strategies for Success
<http://www.dotzen.com> . email to seamus@seamusphan.com . Item added 2004 06

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