

***What Experts Are Saying About  
Jeff Rutstein and his  
'Mindful Movements' Fitness Program  
to Combat Stress, Depression, and Dependence***

*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

*Mr. Jeff Rutstein promotes exercise in a measured approach that encourages people in the recovery phase of their lives to use his methods to promote healing and build psychological and spiritual strength to live life to the fullest once again. Patients undergoing cancer therapy or recovering from surgery are an ideal population. I strongly recommend to my patients to put Mr. Rutstein's lessons to work in their lives.*

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

*The story of Jeff's rise from personal adversity and a severe substance abuse problem, to great success as a personal trainer, is truly inspiring. Jeff has integrated an approach to fitness which recognizes the interface between mind and body. His techniques are perfect for anyone who has an interest in obtaining optimal health and improving their emotional life.*

-Alex Vuckovic, M.D.  
Medical Director of The Pavilion at McLean Hospital

*Jeff program is absolutely amazing. . It is miraculous that Jeff made such a complete and successful turnaround in his life. His fitness and lifestyle philosophy and will lead many individuals to physical and mental fitness.*

- Wayne Westcott, Ph.D.  
Former advisor to *The President's Council on Physical Fitness*

Contact: Jeff Rutstein @ *Custom Personal Fitness: Strengthen the Body to Heal the Mind*  
(o)(617)232-1107 ▪ (c) (617) 699-4427 ▪ Email: jeff@FeelGoodExercise.com