

Readers' Comments

“*Cultivating Inner Harmony* is remarkable. Dr. Scarfalloto is really on to something.”

– J. Ballard, teacher

“Dr. Scarfalloto’s insights clearly describe what I have experienced after years of working with Taoist techniques for strengthening the mind and body.”

– M. Emkin, herbalist

“This book impacted me in a number of ways. One of them was the insight that I sometimes fear the same things that I desire. This simple insight has proven to be very important to me.”

– P. Hauser, RN

“This course was a tremendous emotional opening for me. I felt high, almost giddy and stayed that way for a long time. What really surprised me was that several months after the program, I felt spontaneously drawn to the quiet and introspective ways of Zen and Buddhism. I now see that this was a natural progression for me.”

– S. Hegidio, dental hygienist

“Regarding this book, the three words that come to mind are *simple*, *compelling* and *startling*. I would read a passage and think, ‘This is so simple! Why didn’t *I* think of this?’ This book is compelling in that it compels me to see both sides of any issue. I also found this book startling on occasion - I felt like I had been in a dimly lit room and suddenly someone switched all the lights on.”

– T. Dido, editor

See the book on Amazon:

<https://www.amazon.com/Cultivating-Inner-Harmony-90-Day-Program/dp/0982683227>