

How Your Mindset Can Help Bring You Into Optimal Health

Your ability to achieve optimal health is determined by your mindset. You have to believe that you have what it takes to overcome any obstacle you encounter along the way.

New York Times' bestselling author J.J. Virgin joins Dr. Mark Sherwood in this episode of *Healthcare's Missing Link* on the Charisma Podcast Network to help you transform your mindset and find success in your journey to optimal health.

In This Episode, You'll Discover:

- Why self-care is selfless.
- How you can adopt the growth mindset.
- How important it is to control your environment.
- We are never better than when we're challenged.
- We don't know what we're capable of until we get pushed.

About Our Guest: J.J. Virgin, CNS, BCHN, EP-C

Triple-board certified nutrition expert and Fitness Hall of Famer J.J. Virgin is a passionate advocate of eating and exercising smarter. J.J. and her team help people stay fired up and healthy as they age, so they feel the best they ever have at age 40-plus.

J.J. is a prominent TV and media personality, whose previous features include co-host of TLC's *Freaky Eaters*, two years as the on-camera nutritionist for *Weight Loss Challenges on Dr. Phil*, and numerous appearances on PBS, *Dr. Oz*, *Rachael Ray*, *Access Hollywood* and the *Today* show. She also speaks regularly and has shared the stage with notables including Seth Godin,

Lisa Nichols, Gary Vaynerchuk, Mark Hyman, Dan Buettner and Mary Morrissey.

J.J. is the author of four *New York Times*' bestsellers: *The Virgin Diet*, *The Virgin Diet Cookbook*, *J.J. Virgin's Sugar Impact Diet* and *J.J. Virgin's Sugar Impact Diet Cookbook*. Her latest book, *Warrior Mom: 7 Secrets to Bold, Brave Resilience*, shows caregivers everywhere how to be strong, positive leaders for their families, while exploring the inspirational lessons J.J. learned as she fought for her own son's life.

J.J. hosts the popular *Reignite Wellness* podcast, with over 5.5 million downloads and counting. She also regularly writes for *Rodale Wellness*, *Mind Body Green* and other major blogs and magazines.

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