

Radiant Vitality

Health - Love - Power - Passion

What is Radiance?

It is a visible emanation perceived as light that uplifts those who behold it.

What is Vitality?

It is constructive energy which emanates vast potential for movement.

What is Radiant Vitality?

It is the embodiment and emanation of health, love, power, and true passion.

Thoughts are the source of Radiant Vitality, for they are the frown and the smile, the maker of focus and purpose, the creator of love, and the essence of passion for life. Choosing thoughts is choosing destiny.

The 15 Factors of Radiant Vitality

1. Proper diet.
2. Exercise.
3. Prayer.
4. Praiseworthy attributes.
5. Constructive thoughts.
6. Being in love.
7. Attractiveness (includes cleanliness).
8. Meaning and Purpose.
9. Active life style.
10. Knowledge.
11. Deep breathing and good air.
12. Control of your emotions.
13. Self confidence.
14. Right livelihood.
15. Respectfully Real

"Radiant Vitality is the Water of Life gushing forth from the Fountain of Goodness."

-Dr. Arnold Nerenberg, Ph D.

*Measures of Radiant Vitality include: power lifting, bodybuilding, essays and poetry

About the founder and teacher behind Radiant Vitality

Dr. Arnold P. Nerenberg, PhD, is an internationally renowned clinical psychologist, motivational speaker and educator. He has been in practice for over 35 years and is the world's leading authority on road rage, founder of the Social Revolution of Dialogue, Gym Therapy and The Nerenberg Graduate Institute. Additionally, he is the author of over 40 self help books.

Born in 1941, Dr. Nerenberg has been lifting weights for over half a century and has been power lifting since 2001. He is a world champion power lifter and currently holds the title of "Mr. Universe Street Physique" in his age and weight class. Married with eight children, Dr. Nerenberg is currently the world's strongest drug-free man for his age and weight.



"Radiant Vitality" is a division of The Nerenberg Graduate Institute.

Located in historic uptown Whittier, California, The Nerenberg Graduate Institute provides you with an opportunity to learn in a warm, accepting, and non-intimidating environment. Classes are kept intentionally small so you can participate in the lecture-discussion format taught by world renowned psychologist and educator, Dr. Arnold P. Nerenberg.



All lectures are based on original books by Dr. Nerenberg and are taught using inspiration not memorization techniques, so you'll carry the knowledge with you the rest of your life. If you are not convinced that you want to keep an area of knowledge for the rest of your life, Dr. Nerenberg does not want you to learn it.

"The Nerenberg Graduate Institute is not for everyone, just those who crave the truth."



For more information, go to www.nerenberginstitute.com or call Dr. Arnold Nerenberg at 562.693.5600.