

# **Dr. Robi Ludwig Announces the Release of MindPT, a Personal Training Program for the Mind**



New York, NY, 2017-Jan-20 — /EPR Network/ — Dr. Robi Ludwig, psychotherapist, award winning reporter and author, is pleased to introduce her latest personal development program for the mind. The program, MindPT, is designed to help change the automatic thought habits in a person to help uplift, inspire and motivate an individual for 6 to 8 hours per day.

MindPT is described as, "A mobile, bite-sized personal growth solution that helps you change your automatic thought habits, so that your actions are always aligned with what you want in life." The three-minute a day micro-practice is designed to be watched anytime, anywhere on your phone or desktop. The objective of the practice is to increase the confidence, self-esteem, and overall happiness of the user. Industry experts have given the program rave reviews and have already started to incorporate MindPT into their client practice and even into their own personal lives.

Margit Cruice, Professional Life Coach and Founder/CEO of The Institute for Conscious Thought, has integrated MindPT into her practice and her clients use it as a way to create more positivity in their lives. "I am thrilled to partner with MindPT to create personalised sessions for my clients. As a Life Coach, I knew immediately that this would create massive benefit for my clients," Cruice said, "Every single client now uses MindPT as a core part of their work with me and they all report thinking more positively and feeling happier as a result."

The MindPT program was designed based on the concepts in Ludwig's latest book [Your Best Age is Now](#). The book provides guidance to women in their 40's, 50's and 60's on how to live younger, brighter and more vibrant lives. The book draws on scientific data

and Ludwig's own personal experience as a therapist to prove that middle-age is not the beginning of the end but the beginning of a new and exciting chapter of life.

Dr. Robi Ludwig is a nationally known psychotherapist, award-winning reporter, and author, and she is a relationship contributor for Investigation Discover Network's Scorned. She is a regular guest on CNN, FOX News, and Headline News, and has appeared on Today, HLN, 20/20, The View, Steve Harvey, The Wendy Williams Show, Entertainment Tonight, World News Tonight, and Nightline, and is on the medical board and a contributor for Bella Magazine. She also writes for The Huffington Post. Dr. Ludwig lives in New York City. To learn more about Dr. Robi Ludwig, visit <http://drrobinludwig.com>.

Contact-Details: Dr. Robi Ludwig  
drrobi@drrobinludwig.com

Press release distributed via EPR Network (<http://express-press-release.net/submit-press-release.php>)