

# 365 Health And Happiness Boosters - M. J. Ryan

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We all want to be happy, but according to research, two-thirds of us don't know how to be happy. Most of us think happiness resides in the things we don't have: the dream house, the perfect mate, the ideal job, the supermodel's body. As proof that possessions don't, in fact, increase the happiness quotient, a study conducted in 1957 and 1992 asked people whether they were happy with what they had in life. In both polls, roughly 30 percent said yes, despite the fact that the standard of living had increased dramatically over the years. This book rests on the assumption that you can be happier, no matter who you are or what your challenges. Rather than delivering abstract theory, it offers 365 concrete things to do, to try, or to reflect on, in order to experience happiness. Some are attitudes that we can change to create more happiness overall in our lives; others are specific things we can do to lift our spirits in the moment; still others are behavioral modifications or nutritional supplements we can try. And while some are lighthearted and others quite serious, they all will have a positive effect on your mind, body, and spirit. Author: Ryan, M. J. Publisher: Conari Press Illustration: N Language: ENG Title: 365 Health and Happiness Boosters Pages: 00392 (Encrypted EPUB) / 00380 (Encrypted PDF) On Sale: 2010-06-01 SKU-13/ISBN: 9781573245005 Category: Self-Help : General Category: Self-Help : Personal Growth - Happiness

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