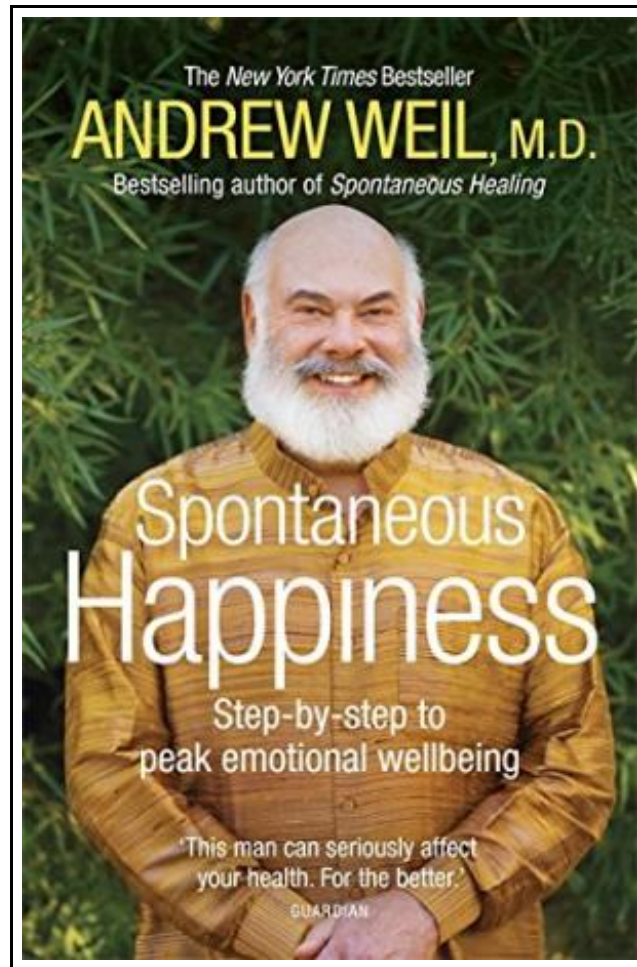


Spontaneous Happiness: Step-by-step to Peak Emotional Wellbeing (Paperback)



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SPONTANEOUS HAPPINESS: STEP-BY-STEP TO PEAK EMOTIONAL WELLBEING (PAPERBACK)



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Hodder Stoughton General Division, United Kingdom, 2013. Paperback. Book Condition: New. 197 x 133 mm. Language: English . Brand New Book. Dr Andrew Weil charts a new path to finding lasting happiness Everyone wants to be happy. But what does that really mean? Increasingly, scientific evidence shows us that true satisfaction and well-being come only from within. Dr Andrew Weil has proven that the best way to maintain optimum physical health is to draw on both conventional and alternative medicine. Now, in Spontaneous Happiness, he gives us the foundation for attaining and sustaining optimum emotional health. Rooted in Dr Weil s pioneering work in integrative medicine, the book suggests a reinterpretation of the notion of happiness, discussing the limitations of modern medicine in treating depression, and elaborating on the inseparability of body and mind. Dr Weil offers an array of scientifically proven strategies from Eastern and Western psychology and draws from psychotherapy, mindfulness training, Buddhist psychology, nutritional science, and more, to support emotional wellness, and offer advice on developing a spiritual dimension in our lives. Dr Weil presents an eight-week programme that can be customised according to specific needs, with short- and long-term advice on nutrition, exercise, supplements, environment, lifestyle, and much more. Whether you are struggling with depression or simply want to feel happier, Dr Weil s revolutionary approach will shift the paradigm of emotional health and help you achieve greater contentment in your life.

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