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The Mayo Clinic Handbook for Happiness: A Four-Step Plan for Resilient Living

By Amit Sood, Mayo Clinic

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, The Mayo Clinic Handbook for Happiness: A Four-Step Plan for Resilient Living, Amit Sood, Mayo Clinic, Happiness is a habit. For some of us, that habit is a natural inclination; for others, it is a learned behavior. The Mayo Clinic Handbook for Happiness combines wisdom from neuroscience, psychology, philosophy, and spirituality to help you choose contentment. Dr. Amit Sood's actionable ten-week program has helped tens of thousands of people reduce anxiety and find greater fulfillment in life. Each of the book's four sections is filled with practical insights and easy-to-implement exercises. You'll understand why your brain struggles with finding happiness and what real-world practices can help you to better manage stress and choose peace and contentment instead. Praise for the Stress-Free Living Program: "This book can change your life."-Dr. Andrew Weil "An important innovative approach to well-being."-Dr. Daniel Goleman, author of Emotional Intelligence.



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