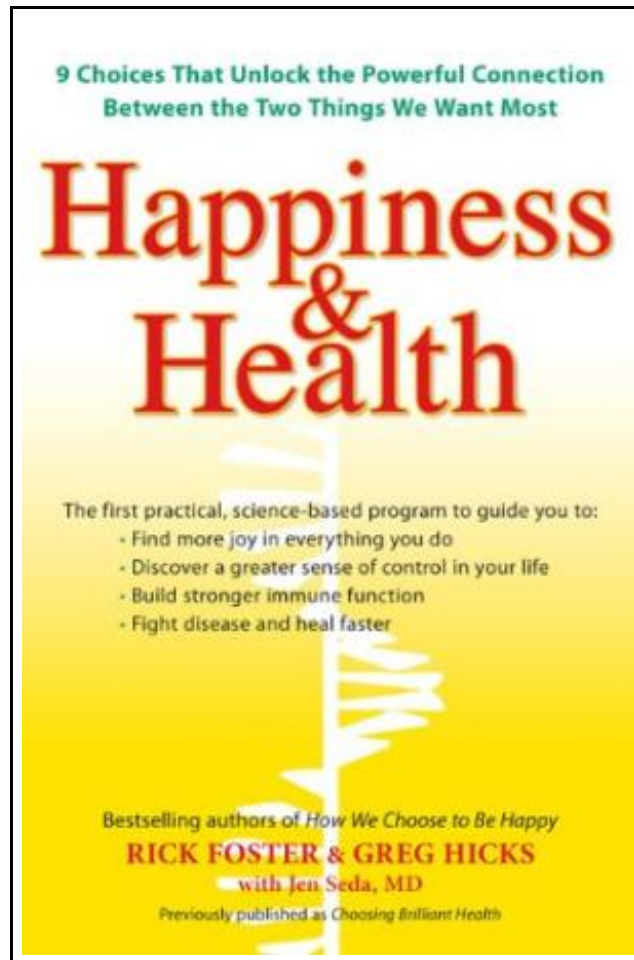


## Happiness and Health: 9 Choices That Unlock the Powerful Connection Between the Two Things We Want Most



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Penguin Putnam Inc. Paperback. Book Condition: new. BRAND NEW, Happiness and Health: 9 Choices That Unlock the Powerful Connection Between the Two Things We Want Most, Greg Hicks, Rick Foster, The first practical guide to the physical benefits of positive emotions-from the national bestselling authors of "How We Choose to Be Happy." "Happiness & Health" unravels the mysteries of the mindbody connection as it presents clinical, scientific, and anecdotal evidence that proves that the adoption of a set of simple behaviors-known collectively as the "model of health"-can biochemically enhance health and well-being. Validated by international studies, including those conducted at the Mayo Clinic, the "model of health" as outlined in this book sets forth nine specific attitude- driven behaviors that anyone can integrate into their lives to achieve higher levels of both recovery from and prevention of illness: Intention ? Accountability ? Identification ? Centrality ? Recasting ? Options ? Appreciation ? Giving ? Truth.



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