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The Happy Plan: The Complete Diet and Lifestyle Plan to Natural Happiness (Paperback)

By Charmaine Yabsley

PAVILION BOOKS, United Kingdom, 2006. Paperback. Book Condition: New. 216 x 176 mm. Language: English . Brand New Book. What is it that makes some people s lives so happy and fulfilled? Why do some people stay resolutely optimistic? This kind of happiness is not necessarily the result of your genes or luck. Rather, it can be cultivated and learned. In this book Charmaine Yabsley looks into the what action can be taken to boost your serotonin naturally and get happy. Yabsley begins by analyzing the symptoms of happiness and depression. The books is then divided into three parts: Part One, Happy Hormones, helps you understand the natural reasons for your mood swings - your hormones. Part Two, Happy Food, looks at all the happiness-giving foods that will not only put a smile back on your back but will give you more energy and motivation. Part Three, Happy Life, looks at exercise, work/life balance, relationships, alternative therapies and hobbies. There are questionnaires that allow you to discover more about yourself and what treatments best suit you. Yabsley provides you with happiness plans, tips and advice that guide you on the road to improving happiness - the natural way.



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Reviews

This is the finest publication we have read through right up until now. Better then never, though i am quite late in start reading this one. Its been written in an remarkably easy way in fact it is only after i finished reading through this book by which basically altered me, affect the way i think.

-- Dr. Gabriella Hayes

This sort of book is almost everything and helped me looking in advance and much more. Yes, it can be enjoy, nevertheless an amazing and interesting literature. Its been written in an extremely simple way which is simply right after i finished reading this publication through which in fact altered me, alter the way i really believe.

-- Lizeth Witting