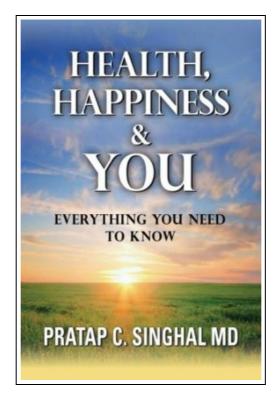
Health, Happiness and You: Everything You Need to Know (Paperback)



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Reviews

This book will be worth getting. Better then never, though i am quite late in start reading this one. Its been written in an extremely basic way which is only right after i finished reading this book through which actually altered me, alter the way i believe.

(Mr. Enrico Lesch)

HEALTH, HAPPINESS AND YOU: EVERYTHING YOU NEED TO KNOW (PAPERBACK)



Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The passion of the author can be seen in this book, how he addresses the subject of happiness in a plain, simple, and easy to understand language, which is easy to implement in practical life. He states, that everybody needs, desires and wants to be healthy and happy, irrespective of sex, ethnical background, social status or educational and financial background. Equally true it is the fact that healthy and happy people come from all walks of life. Some are rich, others poor; some have many college degrees, others never went to school; some are on the top of the ladder of the corporation level, others are at the bottom, and so on. Here you need to understand that health and happiness are very allied and related to each other. Health can be defined as physical and mental well-being; whereas happiness means physical, mental, and spiritual well-being. The common factor which runs among the healthy and happy people is that to these people, Health and Happiness is a priority and is more important than money, social studies or education level. These people understand the value of life some even understand the divine nature of their life. He states, that we have to be very clear in out head that happiness is embedded in us. As a matter of fact we are built around the nucleus of happiness. Happiness is our real name. And we are happiness. A person who preserves/maintains him/herself in difficult challenges of life will be healthy and happy, whereas a person who gives in, or loses him/herself in difficult challenges of life will lose him/herself and also his/her happiness. It is as simple as that. This book teaches and prepares...



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