



# 365 Health & Happiness Boosters

*MJ Ryan*

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## 365 Health & Happiness Boosters MJ Ryan

This popular book, now back in stock with a new cover design, rests on the assumption that you can be happier, no matter who you are or what your challenges.

Happiness begets happiness. When a person is happy, the feeling ripples out to others nearby. Research has shown that happiness also leads to better health. One-third of the population knows the secret to happiness - that it's an inside job, not contingent on possessions, status, or even life circumstances. Fortunately, the other two-thirds can learn to cultivate contentment.

This book offers 365 concrete ways to experience more happiness. Many have to do with changing one's outlook and learning to lift one's spirit in the moment; others address everything from eating habits and interactions with others to sleeping patterns and taking nutritional supplements. Some of the tasks are lighthearted, others quite serious. They all will have a positive effect on mind, body, and spirit.

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