



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

Amit Sood MD, Mayo Clinic

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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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