

Happy Is the New Healthy: 31 Ways to Relax, Let Go, and Enjoy Life NOW



Our lives have become so busy that we are living in a constant state of go, go, go. What did you do last Thursday? What about two weeks ago Monday? Our days are so consumed with emails, telephone calls, errands, status updates, texts, and tweets that entire days go by without one single moment of joy. And we wonder why we are stressed out, anxiety-ridden, tired, walking zombies. Lifestyle and wellness guru Yeah Dave offers a fresh take on what it means to be well and reminds the listener that happiness leads to health, not health to happiness. This audiobook shares simple, immediate ways to feel celebrate life and feel better. This isnt about green juices and crazy diet regimens. To get you started, Dave asks the listener to take one minute out of our day - 1:11pm for example - to stop and RELAX. Daves mantra: The one who celebrates the small victories and simple pleasures wins the game of life over and over again!

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