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Health, Happiness, and Well-Being provides readers with a panoramic view of what the best psychological science has to offer regarding how to attain physical

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Health, Happiness, and Well-Being provides readers with a panoramic view of what the best psychological science has to offer regarding how to attain physical health and optimum psychological functioning. Students, faculty, general readers, and professionals can rely on the expertise of leading

and Well-Being Better Living Through Psychological Science Steven Jay Lynn William O'Donohue Scott O. Lilienfeld E ach day the popular media churns out a multitude of tidbits of advice about how to stay healthy and lead the good life. From Oprah, to Dr. Oz, to Dr. Phil, we hear about what and what not to eat, how to improve our sex lives, whom to hang out with and to avoid, and what berry ...

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Health, happiness, and well-being : better living through psychological science

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