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The Mayo Clinic Handbook for Happiness, by Amit Sood, M.D., is like a treasure map that leads you step by step along a clearly marked path to an incalculable reward. Your reward is not a diamond mine, not a pirateâ€™s booty, but something far more valuable â€“ a lifetime of joy and contentment.

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The Mayo Clinic Handbook for Happiness: A 4-Step Plan for Resilient Living By Amit Sood, M.D., Mayo Clinic Dr. Sood takes his work on stress and resilience a step further in this work on happiness. It contains a blend of wisdom from many fields of study â€“ psychology, philosophy, neuroscience and spirituality â€“ giving it

depth and completeness.

### **Special Report - Brain Sync | Kelly Howell**

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