



The Spontaneous Happiness Toolkit: Guided Practices for Peak Emotional Wellness (Mixed media product)

By Andrew T. Weil

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SOUNDS TRUE INC, United States, 2012. Mixed media product. Book Condition: New. Workbook. 241 x 140 mm. Language: English . Brand New Book. Just as the body is designed to heal itself, says Dr. Andrew Weil, so too are we wired for emotional well-being. For anyone facing depression, anxiety, or just wanting more joy in their lives, Dr. Weil and his colleagues are ready to help. This complete stand-alone program includes: . Breathing techniques for emotional calm and resilience . Brain training for focused attention-a state present in our happiest moments . Methods to foster gratitude, forgiveness, and compassion- beneficial to physical and emotional health . Mantra meditation to break out of worry . Music recommended by Dr. Weil to promote relaxation . Guided imagery to shift awareness toward optimism and possibility, and many other practices . A 52-page guide and 25 Spontaneous Happiness cards.



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