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Be Imperfect, Live Longer: Health and Happiness Series

By Howard Murad

Wisdom Waters Press, United States, 2015. Paperback. Book Condition: New. 150 x 102 mm. Language: English . Brand New Book. Don't you want to change your life? Everyone does, and our Wisdom Waters Health and Happiness series offers a perfect opportunity to make real, positive change happen. Each numbered volume features a transformative chat with Howard Murad, MD, founder of the worldwide Inclusive Health(R) movement. Dr. Murad's inspirational stories, insights, and sound medical advice aim to help people heal themselves and unlock their personal potential for happiness. The expansive full page art created by the author and found throughout the text assists by opening hearts and minds to new possibilities. More attractive than even the most colorful greeting cards, these amazing little books make inexpensive and truly meaningful gifts for friends and family in need of a lift. We've all been told that we should strive for perfection, but why? Nobody is perfect, so why make perfection your goal? All that's likely to accomplish is to make you miserable and unhealthy. What's worse, it can even shorten your life. In Book Four of Dr. Howard Murad's Health and Happiness series, the author describes the...



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