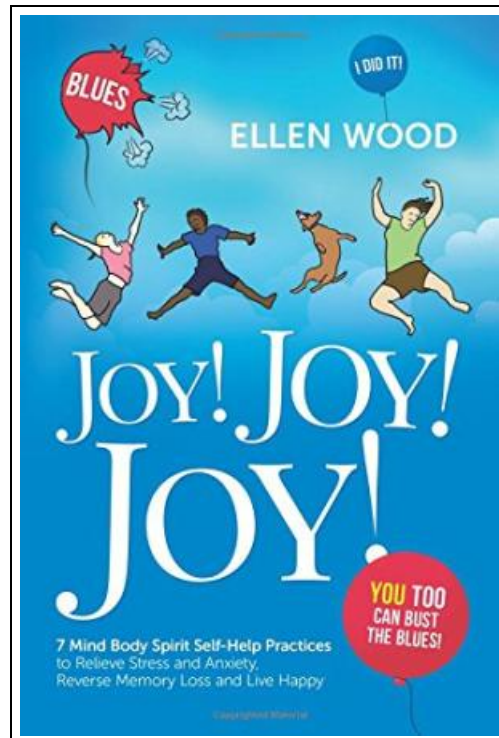


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.GOT THE BLUES? From the author of award-winning Think and Grow Young comes this engrossing, true story of transformation to inspire you to live a radically different way. Imagine how it would feel to let go of chronic high stress and the worn out feeling of mild depression. Imagine using simple, proven Mind Body Spirit practices to remain calm and be productive and joyful while the whole world is going crazy. How would it feel to soar fearlessly through life, unruffled by the winds of change? And to have peace of mind and happiness! HOW JOY! JOY! JOY! CAN HELP This book is the first detailed self-help guide for you to live happy, seasoned with fascinating stories of how 7 easy Mind Body Spirit habits dramatically and permanently transformed the author's life, including reversing memory loss, conquering breast cancer and busting the blues. Joy! Joy! Joy! is not about stopping anti-depressants. It's about -ending habitual emotional patterns that abuse your body and scar your soul. -creating new life-affirming habits, like EFT tapping, Power Poses, dry brushing your skin, meditation and affirmations. -providing quick, easy steps on how to relieve stress and have peace of mind. -dissolving that lingering depression malaise: the blahs, the blues. And being filled with quiet joy for no reason. HOW ELLEN WOOD MIRACULOUSLY CHANGED HER LIFE Five years after watching her mother succumb to Alzheimer's Disease, Ellen's own cognition and memory began a downward spiral (she has the Alzheimer's gene, APO-e4). Then at age 67, Ellen's distress became the wake-up call of a lifetime. Determined to do everything in her power to reverse aging, Ellen developed a program of Mind Body Spirit...



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