## LIVE BETTER, LIVE LONGER: THE NEW STUDIES THAT REVEAL WHATS REALLY GOOD---AND BAD---FOR YOUR HEALTH

Danece Tavernier

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The New Studies That Reveal What's Really Goodand Badfor Your Health Sanjiv Chopra, Alan Lotvin, David Fisher. Live Better, Live Longer Dr. Sanjiv.

Sleep in this weekend -- you may live longer - CNN Live Better, Live Longer has 9 ratings and 2 reviews. Live Better, Live Longer: The New Studies That Reveal What's Really Goodand Badfor Your Health. YOUR STRATEGIES FOR CHANGE How to Assert Yourself the other Positive psychologists argue that learning how to live a joyful, fulfilling life is as important, if not more so, than Optimism may even help people live longer, healthier lives. The most effective way to banish a sad or bad mood is by changing what.

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