



The Book of You: Daily Micro-Actions for a Happier, Healthier You (Paperback)

By Nora Rosendahl, Nelli Lahteenmaki, Alekski Hoffman

Penguin Books Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Give The Book of YOU one minute of your time each day and achieve a happier, healthier, more fulfilled life. Change can be hard and rarely happens overnight. The aim of this book is to empower you to make change happen. The Book of YOU contains 365 micro-actions, one for each day of the year, grouped under four areas - Food, Mind, Move and Love, for example: LOVE: Smile at a Stranger: Has someone ever suddenly smiled at you on a busy street? Remember the feeling after the initial surprise? Today when you are out and about, smile at a stranger. MIND: Set a Go-To-Sleep Alarm: We use alarm clocks to get us up in the morning, but for many the challenge is actually the night before - hitting the sack early enough. Tonight, decide on a bedtime and set an alarm for when it's time to go to sleep. FOOD: Go Nuts: Pay homage to the wonderful world of nuts. They're deliciously diverse in flavour, packed with protein, essential good fats and minerals, and will give you an energy boost. Try just a small handful...



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