



## Honor Yourself: Health and Happiness Series

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By Howard Murad

Wisdom Waters Press. Paperback. Book Condition: new. BRAND NEW, Honor Yourself: Health and Happiness Series, Howard Murad, 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. Too many of us reserve all our praise for others, usually professional athletes, successful businessmen, or powerful politicians we don't even know. In Book Six of the Health and Happiness Series, Dr. Murad says we should recognize our own achievements and celebrate them. The fact is, a strong sense of personal worthiness is the key to health, happiness, and success. Unless you feel worthy of...



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