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The Happiness Sutra: How to Live a Heroic Life, Free of Stress

By Dr Rick Levy

Amity University. Paperback. Condition: New. 205 pages. Stress is the number one nemesis of health, happiness and success, with almost 1 in 3 adults now relying on medication to deal with depression, anxiety, sleep disorders and other stress-induced problems. Too many people are succumbing to chronic mental distress, serious stress-related illness like heart disease, and worse yet - the death of their dreams. The World Health Organization (WHO) estimates that, owing to rising levels of stress, by 2030 depression will be the leading cause of illness and disability worldwide, a greater cause of anguish than heart disease, cancer or diabetes. In *The Happiness Sutra*, doctor of medical psychology and board-certified clinical hypnotherapist Dr. Rick Levy shows the reader how to trounce stress without medication in a few weeks using mind-body medicine, and he maps out the ultimate stress management strategy, showing the reader how to tap the hidden power of their own mind to lead a happy, healthy, fearless and productive life in pursuit of their dreams. Your potential is limitless because the power of your mind is infinite is Dr. Levys credo, and in *The Happiness Sutra* he provides concrete tools, including his signature audio methods, that readers can...



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The ideal publication i at any time read through. It really is written in easy phrases and never difficult to understand. Its been designed in an remarkably easy way which is merely right after i finished reading through this publication by which actually transformed me, affect the way i think.

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