

Your Passport to Vibrant,
Adventurous Living



Gayelord Hauser

World-famous nutritionist,
lecturer and bestselling author
tells you how to

**THIS BOOK WILL
CHANGE YOUR LIFE**

**Be
Happier,
Be
Healthier**

*Be Happier,
Be Healthier*

by Gayelord Hauser



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A Healthy Person Is A Happy Person

But no one, says Göyeford Hauser, can be healthy — or happy — when battling tension. In this amazing book, the renowned health expert reveals the miraculous secrets about the power of nature's own gifts in combatting the stresses and strains of daily life.

In lively, down-to-earth language he shows you how to:

- Get 14 happy months out of every 12-month year
- Turn your weaknesses into assets
- Take a complete physical inventory of yourself
- Make your emotions work for, not against, you
- Enrich your life by taking mental photographs
- Use the health-giving powers of the Universe
- Solve your diet problems with his master key
- Make dining the game you win by losing
- Take the hidden hunger test
- Relax in spite of everything

"A fascinating book on a fascinating subject . . . scintillates with stimulating suggestions for the attainment of a happier and healthier life."

— Fayetteville Observer

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