



50 Ways to Feel Great Today: Keys to Beating Stress, Worry, and the Blues

David B. Biebel, James E. Dill, Bobbie Dill

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We all feel stressed, worried, or anxious at one time or another. Sometimes our circumstances, and even things that are out of our control, can wreak havoc on our spirits. Changing how we feel often begins with a small thing. Listening to a beautiful song. Enjoying a sunset. Making a happy memory. This unique book helps you discover how to beat stress, ward off your worry, and banish the blues. .

50 Ways to Feel Great Today offers medically and scientifically sound advice for giving a blah mood the boot. These time-tested ideas are simple and often low or no cost. While no "be happy" pill exists, the activities in this book equip readers to become their own helping hand.

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