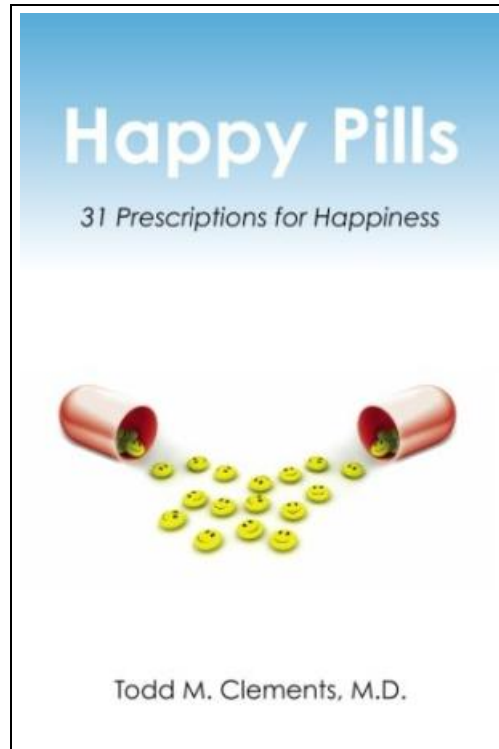


Happy Pills: 31 Prescriptions for Happiness



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HAPPY PILLS: 31 PRESCRIPTIONS FOR HAPPINESS



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Booksurge Publishing, United States, 2010. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.At first glance this may seem like a book about medication, but don't be fooled. These pills that Dr. Todd Clements is talking about are not pharmaceutical manufactured capsules, but rather specific challenges and activities aimed at helping you to start feeling better fast! Dr. Clements is a board certified psychiatrist, college professor, and author, who began prescribing a group of some of his most chronically depressed patients specific tasks to accomplish each day. He quickly noticed that those patients who followed through with his assignments experienced significant mood improvements compared to the ones who didn't. These patients also returned each week asking for him to give them more assignments. A new term was coined for Dr. Clements prescribed tasks when one lady commented to the group that her family had seen such a positive change in her that they were asking if she had been secretly taking happy pills. Dr. Clements observed that as he continued to create and assign happy pills to these patients many of them underwent a radical change in not only the way they felt, but even in their whole view of life. Before long many of these patients were creating and sharing with each other their own happy pills. Each happy pill in this book is accompanied by a specific task for the reader to complete. Some of these tasks can be done in a few minutes-such as listing 5 things each day that you're grateful for and then spending two minutes to reflect on each one. Other tasks, like writing a personal letter of appreciation to a friend, or donating 2 hours of your time to a...



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