



## Spontaneous Happiness: A New Path to Emotional Well-Being

By Andrew Weil

Little, Brown & Company. Paperback / softback. Book Condition: new. BRAND NEW, Spontaneous Happiness: A New Path to Emotional Well-Being, Andrew Weil, A paradigm-shifting guide to peak emotional wellness. In SPONTANEOUS HAPPINESS, Dr. Andrew Weil redefines the notion of happiness and demonstrates the limitations of the biomedical model of mental health. He presents a vast, scientifically proven array of integrative treatment strategies for low mood and depression, drawing on techniques from Ayurveda, Buddhism, acupuncture, psychotherapy, mindfulness training, and much more. Dr. Weil offers advice on lifestyle, behavior, and dietary changes, and helps readers assess their own emotional well-being and build personalized step-by-step plans to manage their moods. Whether suffering from mild to moderate depression, or simply seeking greater contentment, readers can use Dr. Weil's science-based integrative approach to achieve their goals.



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