



Health and Happiness: An Owner's Manual for the Mind and Body

Sean Donovan

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Regardless of your age, race, religion, sex, political affiliation or national origin - we should all have one common denominator - health. We only get one shot at life and when health is gone, nothing else matters. The human mind and body comprise the most sophisticated "machine" on earth. Our bodies are far more sensitive and complex than any automobile, DVD player or other man-made item; unlike those products, we don't come with an instruction manual at birth. *Health and Happiness* offers common sense advice to help the average person make better decisions regarding their mind and body. Health reform starts with the daily choices we make - choosing to read this book is the first step in the right direction.



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