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Happy Pills: 31 Prescriptions for Happiness (Paperback)

By Todd M Clements M D

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...



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