



Gary Null's Guide to a Joyful, Heathly Life

Gary Null

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Gary Null's Guide to a Joyful, Heathly Life Gary Null

In one giant volume, America's most popular health talk-radio host offers three classic Null titles in their entirety —Who Are You, Really?; Be Kind to Yourself; and Choosing Joy—to provide readers with all the guideposts they might need in a life journey to personal enrichment and spiritual happiness. Be Kind to Yourself enables readers to direct their emotional energy into mapping a path that can lead to excellence, success, security, and happiness. Who Are You, Really? defines seven different personality types on an energy spectrum—from Dynamic Aggressive to Adaptive Supportive—to show readers how to embrace their own energy and that of others to enrich their lives. Choosing Joy provides readers with strategies to overcome self-defeating habits and focus on self-direction in order to experience the emotional, intellectual, physical, and spiritual joys of personal growth and transformation. “If keeping a sound mind and body seems hopeless, chances are you’ve never heard of Gary Null.”—Daily News “Gary Null is the nation’s leading advocate for alternative health.”—East West

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