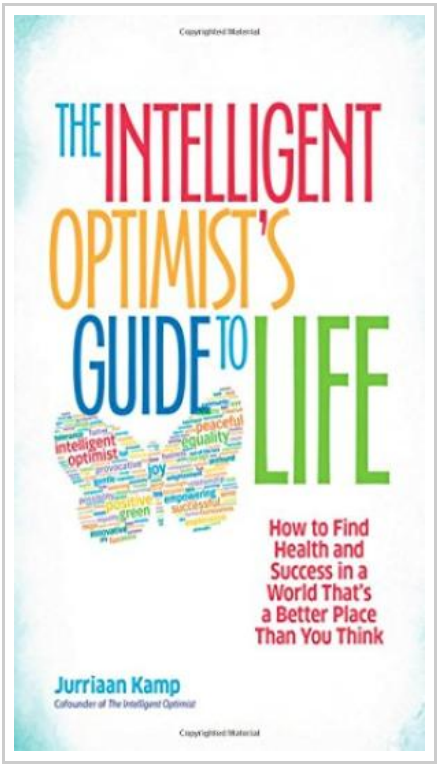


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The Intelligent Optimist's Guide to Life: How to Find Health and Success in a World That's a Better Place Than You Think (BK Life)

By Kamp, Jurriaan

Berrett-Koehler Publishers, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Every person in the world wants the same thing--to lead a happy, healthy, and fulfilling life. Yet most of us feel that ultimate goal is determined by external factors. In this fact-based, simple, and pragmatic book, Jurriaan Kamp shifts all the power into our own hands by illustrating that our view of the world around us is a self-fulfilling prophecy." --Bert Jacobs, Co-Founder and Chief Executive Optimist of The Life is good Company "Optimism is both the precondition and the precursor for individuals and organizations in making meaningful change, and Jurriaan Kamp does a wonderful job of reminding us just how powerful it can be." --Walter Robb, Co-CEO, Whole Foods Market "More and more research confirms that optimism is a critical ingredient of longevity and a healthy lifestyle. Jurriaan Kamp''s book shows how you can improve your health through optimism." --Andrew Weil, MD "This book is like a good companion: it cheers you up." --Ben Knapen, former State Secretary for Foreign Affairs, The Netherlands "An inspired and inspiring guide to living with optimism in a world that is increasingly jaded and pessimistic--uplifting, rousing,...

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