



Health, Happiness, and Well-Being: Better Living Through Psychological Science

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Health, Happiness, and Well-Being by authors Steven Jay Lynn, William T. O'Donohue, and Scott O. Lilienfeld provides the essential tools for becoming a knowledgeable consumer of information on behavioral health. Packed with examples drawn from the media and scientific journals, this volume discusses why accurate, up-to-date, and valid health information is vital to achieving the good life. The book provides readers with a “one stop shop” resource for invaluable information derived from psychological science and conveyed by top experts regarding the optimization of health and psychological well-being.

“One of the strongest features is that chapters [are] **written by the people who have done the research**. I am familiar with the work of all of them, and it's a stellar group.” —**James E. Maddux**, *George Mason University*

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