



## Health Happiness Without Bullshit

By Jimmy Mathew

Vitasta Publishing Pvt. Ltd., New Delhi, India, 2015. Softcover. Book Condition: New. How much of popular wellness lore is pure bullshit? What is our happiness quotient linked to? Is it in our genes alone? Acquiring the neighbour's car, queuing up to buy the latest mobile or something else? How much can we look inside ourselves? Wellness is today a trillion-dollar industry, but a lot of the dos and don'ts are not based on evidence. Thousands of nutritional supplements, injections, and fancy exercise regimens seem to be the fashion; as are various health foods and diets. Can we look at the facts? Can we look at the simple diets of our Stone Age ancestors for help? How does one search science for the truth about preventive medicine? Jimmy Mathew has, through his stories and anecdotes, simplified an extensive body of knowledge and attempted to decode wellness and happiness. This book promises the reader both enlightenment and entertainment.

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