



# Feel Good: Easy Steps to Health and Happiness

*Dr. Ameet Aggarwal ND*

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# Feel Good: Easy Steps to Health and Happiness

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## **Feel Good: Easy Steps to Health and Happiness** Dr. Ameet Aggarwal ND

Do you want happier feelings, better sex, more energy, more confidence, peaceful thoughts and a better life? After treating over a thousand people and sharing his personal experience, Dr. Ameet demystifies how your mind affects your body and vice versa. Grounded in science, positive psychology and clinically proven techniques in alternative medicine, Feel Good offers easy practical steps to heal your mind from painful experiences, improve your mood and restore your body to optimal health with long lasting results. By treating the root cause, fatigue, anxiety, depression, low libido, unsatisfying sex, stress, sadness and sub-optimal health disappear quite quickly. Grief, trauma, insults, divorce, relationship issues, diet, food allergies, lack of exercise, digestive problems, adrenal fatigue, thyroid issues and brain chemistry all affect your mood and health. Feel Good enables you to achieve optimal wellbeing by applying the right principles, combining ancient wisdom with modern advances in medicine and psychology. Feel Good will change your outlook on your life, your self, your health, medicine and will give you a deeper awareness on how to heal the root cause from within.

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