



The Happy Whole Human(r) Handbook

Dr Lisa Leit

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The HAPPY WHOLE HUMAN Handbook will replace the five half-read specialized self-help books on your nightstand and give you the tools to reclaim your life. This transformative book and the corresponding online assessment and self-hypnosis Mp3s empower you to make the changes necessary to be true to yourself, while being kind to others. Specifically, this interactive holistic wellness program provides you with a safe, confidential space to relax, reflect, and snap out of unconscious patterns to be happier, more productive, and healthy NOW! The fundamental HAPPY WHOLE HUMAN(r) message is "There is a 'WE' in WELLNESS." In other words, that relationship health is key to individual and societal well-being. Author Dr. Lisa Leit asserts that, "Interpersonal drama, lapses in productivity, self-neglect, overall stress, and dissatisfaction are closely related to imbalances in how we treat ourselves and others." By factoring relationship dynamics into the research-based HWH Holistic Wellness Self-assessment and this corresponding Do-It-Yourself handbook, HAPPY WHOLE HUMAN(r) provides the most comprehensive conceptualization of wellness to date. In fact, HWH Founder Dr. Lisa Leit's research indicates that a shocking 78% of Americans are at least obliviously self-absorbed in their interactions--which translates into imbalances in most relationships that cause many mental, physical and interpersonal problems. HAPPY WHOLE HUMAN(r) isn't about being perfect or about winning any contests. HWH holistic wellness is a lifestyle. This turnkey program empowers you to achieve a state of balanced health that meets you where you are, and provides a vision, structure, and support to improve your life and relationships across the board

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