



## Gary Null's Guide to a Joyful, Healthy Life (Gary Null Natural Health Library)

By Gary Null



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For the first time Gary Null, radio host of America's longest running health program, presents in one generous volume the complete texts of three books at the core of his program for personal enrichment and happiness.

*Be Kind to Yourself: Explorations into Self-Empowerment* enables readers to direct their emotional energy into the achievement of their life goals by banishing ghosts of the past and mapping a path that can lead to excellence, success, security, and happiness.

*Who Are You, Really? Understanding Your Life's Energy* clears away old misconceptions of behavior patterns. Defining seven different personality types on an energy spectrum - from Dynamic Aggressive to Adaptive Supportive - it shows readers how to embrace their own energy and that of others to enrich their lives.

*Choosing Joy* provides readers with strategies to overcome self-defeating habits and focus on self-direction in order to experience the emotional, intellectual, physical, and spiritual joys of personal growth and transformation. As *Changes Magazine* says, "If you're willing to discover yourself, this is the road map to do it."

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