

Smile You Can Improve Liver Disease There Must Be

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Smile You Can Improve Liver Disease There Must Be 2021-06-27

KARLEE JOVANI

Current Literature Lulu.com

Your current stress level doesn't matter, this book will help you alleviate the stress in your life. This is possible if you take the time to put what you learn into practice. As you see changes in your life, you will also improve the lives of those around you. Many people often wait until stress becomes crushing before taking a step to deal with it; this isn't the right approach. You increase the risk of developing the various health issues associated with stress. Here's a preview of what you will learn with this book: How to identify your stress triggers How your diet has an impact on your stress levels How to take time for yourself How to let it all go Why the things you worry about don't matter How important it is to say no How to be grateful And much, much more... This book will assist with directing you to decrease your pressure while rethinking your life. It's an intense point and one that we see influencing a considerable lot of our entertainers at various times. It is an ideal subject for a jokester to cover because, collectively, most comics are impacted by nervousness and wretchedness. We use humor as a survival strategy in managing pressure as we continued looking for bliss. Grab the book today!!

The Happy Life Simon and Schuster

The concepts in this book improve liver disease. How do I know? Because these truths have healed me from ulcerated colitis, fibromyalgia, hypothyroid, and debilitating frequent migraine headaches. Oh, and I dropped two dress sizes during the first few months. My students have also lost weight, and a few have had Non-Alcoholic Fatty Liver Disease greatly improve or go into remission. How can all this happen? Because your liver is a crucial part for your over-all health. Why? The Liver cleans all of your blood and is extremely important to your immune system. The liver's health determines how your body deals with calories - burn or store them. Burning calories decides if you are full of energy or have horrible fatigue. You might call your liver the king of your body's health. How will you know the 50 ways are working? Over 90 percent of my students lose weight. Many of them have reported improved liver enzyme test results. According to the World Health Organization, liver disease has had a global increase in the last few years. While you may have a good laugh while reading this book, don't underestimate the improved health results after doing the first way. The small steps are designed to make this plan easy. What's the first way? Drink more water, and it tells you the best water to drink. What's the second way? Add a raw salad for one meal each day, but don't use store-bought dressings. Yes, the recipe is included for the simplest EVOO Salad Dressing on the planet. Other illnesses that have been improved are: Acid Reflux Disease, Allergies, Diabetes, Chronic Stone Former, Food Cravings with Depression, Heart Arrhythmia, High Cholesterol, Low Thyroid, Lupus, and Obesity.

Adobe Photoshop CS3 Simon and Schuster

Do you really know the keto diet? Your Customers Will Never Stop To Use This Amazing Cookbook! A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names - ketogenic diet, low carb diet, low carb high fat (LCHF), etc. When you eat something high in carbs, your body will produce glucose and insulin. Glucose is the easiest molecule for your body to convert and use as energy so that it will be chosen over any other energy source. Insulin is produced to process the glucose in your bloodstream by taking it around the body. Since the glucose is being used as a primary energy, your fats are not needed and are therefore stored. Typically on a normal, higher carbohydrate diet, the body will use glucose as the main form of energy. By lowering the intake of carbs, the body is induced into a state known as ketosis. Ketosis is a natural process the body initiates to help us survive when food intake is low. During this state, we produce ketones, which are produced from the breakdown of fats in the liver. The end goal of a properly maintained keto diet is to force your

body into this metabolic state. We don't do this through starvation of calories but starvation of carbohydrates. Our bodies are incredibly adaptive to what you put into it - when you overload it with fats and take away carbohydrates, it will begin to burn ketones as the primary energy source. Optimal ketone levels offer Ketogenic Diet Crash-Course many health, weight loss, physical and mental performance benefits. Benefits of a Ketogenic Diet There are numerous benefits that come with being on keto: from weight loss and increased energy levels to therapeutic medical applications. Most anyone can safely benefit from eating a low-carb, high-fat diet. Weight Loss The ketogenic diet essentially uses your body fat as an energy source - so there are obvious weight loss benefits. On keto, your insulin (the fat storing hormone) levels drop greatly which turns your body into a fat burning machine. Scientifically, the ketogenic diet has shown better results compared to low-fat and high- carb diets; even in the long term. Many people incorporate MCT Oil into their diet (it increases ketone production and fat loss) by drinking bulletproof coffee in the morning. Control Blood Sugar Keto naturally lowers blood sugar levels due to the type of foods you eat. Studies even show that the ketogenic diet is a more effective way to manage and prevent diabetes compared to low-calorie diets If you're pre-diabetic or have Type II diabetes, you should seriously consider a ketogenic diet. We have many readers that have had success with their blood sugar control on keto. Mental Focus Many people use the ketogenic diet specifically for the increased mental performance. 9Ketogenic Diet Crash-Course Ketones are a great source of fuel for the brain. Buy it NOW and let your customers get addicted to this amazing Cookbook!

Consciousness Towards Abundance James Crawford

Our self improvement made easy eBook will provide you all time happiness. It will improve your life through step by step course technique. It will increase your confidence. It will reduce your stress. It will solve your all problems very easily and interesting way and help you to develop good habits. With this book, you will achieve what do you want to achieve.

The Tao of Immortality Simon and Schuster

Do you love your wine but worry about your health and weight? This book is crammed full of ideas, advice from specialists, and tried and tested recommendations to help maintain your health without giving up your love of wine and fine food. The book addresses these serious issues in a light-hearted way, through a lens of living in France and with a nod to how 'French Women do it'. This is not so much a simple diet book as a fascinating lifestyle guide.

The Graphic Lulu.com

This book is designed to give people a sense of what my freshman year was like. Every awkward, beautiful, life-changing moment. And even those little moments that maybe no one remembers except for me, because as I stated above, everything in my life is an event. No matter the size of the event. This is not going to be a stereotypical, "What to Expect When Starting College" book. It's a, "What Emily's College Experiences Were, When Starting College" book. The events may not pertain to you and your experiences. I just hope you can enjoy reading a hilarious (at least I think so) take on a college girls freshman year.

Hypnosis Treatment for Addictions AuthorHouse

Renowned dentist and creator of the GoSMILE product line Dr. Jonathan Levine offers this complete guide to getting a whiter, brighter smile. A perfect smile is the latest, hottest, must-have accessory. It's bright, it's white, and just flashing it makes anyone feel like a celebrity. And now, it's easier to get than ever before. With over 20 years of experience, Jonathan Levine, creator of GoSMILE and aesthetic dentist to the stars, offers readers a groundbreaking program to help improve and care for their smiles. Complete with home tips, guidance on how to find the right dentist, nutritional advice, the psychology behind the right smile, and much more, readers will have more reason than ever to flash their smile!

Healing Light of the Tao Hay House, Inc

Strengthen the qualities in your Taoist astrological chart with Inner Alchemy techniques and

Universal Healing Tao exercises • Describes how to interpret your Taoist astrology birth chart and discover the unique combination of Five Elements underlying your personality, health, and destiny • Reveals how to strengthen your birth chi with Inner Alchemy techniques and Universal Healing Tao exercises • Explains how to calculate your wealth phase, organ health, and luck cycles Each of us is born with a unique combination of heavenly and earthly energies dictated by the stars overhead and the season on Earth at the moment you take your first breath. Known in Taoist astrology as the Four Pillars of Destiny, this "birth chi" can be calculated using the year, month, day, and time of your birth. Master Mantak Chia and astrologer Christine Harkness-Giles reveal how to interpret your birth chi and strengthen weaknesses within your astrological energies. They explain how each of us is ruled by one of the Five Elements--Wood, Fire, Earth, Metal, and Water-- in a Yin or Yang state. For each Element and Yin or Yang combination, the authors describe personality traits, ideal career paths, and emotional and health issues. They reveal how to discover your levels of success, wealth, and power; how your astrological strengths will manifest; and how to understand your relationships with partners, friends, and family. They also explain how to use your chart to calculate your organ health and annual luck cycles. The authors show how to use Inner Alchemy techniques, such as color therapy and feng shui, and Universal Healing Tao exercises, such as the Healing Sounds and Chi Kung, to harmonize and strengthen the inborn imbalances and weaknesses in your chart. This hands-on method of astrology allows you to take control of your health and destiny by connecting your personal energy with the energies of the cosmos.

Your Child's Smile John Wiley & Sons

At thirty-seven years old, Darren Cosentino is fit and healthy, with a busy social life and a successful career. Returning from a holiday in Mexico with his wife, Sara, he develops stomach pains and heads to the hospital with what seems to be a case of severe constipation. He is diagnosed with terminal colon cancer and given six months to live. In this true story, Darren's diagnosis changes his life, but he doesn't let it stop him from living. He becomes an empowered and involved patient, working closely with his doctors in carrying out his treatment plans, and continues an active lifestyle that includes daily hot yoga, scuba diving, hunting, socializing, travel, and getting the most out of every day. Always adventurous, cancer makes him even more ambitious. Darren shows that even with a terminal diagnosis, there are ways to thrive and live an incredible life. He makes a special point of recounting the support he's received, personally thanking friends, family, and health care professionals—every person who made his and Sara's journey better. His story will inspire and motivate patients faced with challenging treatment regimens, as well as help friends and family members of people undergoing difficult medical treatment better understand how to support their loved ones. Darren's perseverance and optimism make You Can't See My Scars about much more than cancer; this is a story about how to approach life and death, and a meditation on the power of positivity, gratitude, community, a deeply loving spousal partnership. Net proceeds received from the sale of this book will be donated to the CancerCare Manitoba Foundation Darren Cosentino Memorial Fund.

The Drinking Woman's Diet: A Liver-Friendly Lifestyle Guide Xlibris Corporation

56 Cavity Preventing Juice Recipes: Juice Your way to a Cavity-free Life By Joe Correa CSN A beautiful and radiant smile is one of the first things we notice in people. This is the basic physical characteristic which defines our character, our beauty, and self-confidence. However, it's crucial to consider the medical issues related to poor tooth health. Bad oral hygiene and an unhealthy diet can lead to some serious problems like the increased risk of heart attack, stroke, diabetes, poor health in newborn babies, lung disease, weakened immune system, kidney and liver failure, and other diseases. From this, we can easily conclude that a healthy smile is a mirror of our overall health. As they say "better safe than sorry". This is especially true when talking about oral health, especially if you keep in mind how little it takes to preserve healthy teeth, avoid complications,

and prevent expensive dental procedures. The simplest and, at the same time, the healthiest method is to change your daily diet and have proper oral hygiene. Proper oral hygiene is something we can all take care of on a daily basis. However, most of us fail to consider how proper nutrition and good eating habits and affect the long term health of our teeth. Large amounts of sugar, processed foods, and chemicals in our food, directly affect and damage teeth and lead to cavities. This collection of powerful juices will be an excellent alternative to unhealthy snacks which are packed with sugar and cause the formation of cavities. I went the step forward and tried out hundreds of juice combinations until I found these delicious recipes which will serve you well. These juices are full of antioxidants and different nutrients that will not only make your teeth stay healthy, but will also boost up your overall immune system and health. This book will serve as your guide to a bright and healthy smile. You're just a few minutes and a couple of ingredients away from these delicious and healthy juices.

[The Complete Guide and Collection of Cringe-Worthy Awkward Stories of Surviving Freshman Year](#) Hay House, Inc

A guide to the foundational practice of "smiling to the organs" to promote deep relaxation and internal health • Presents exercises that dissolve the physical and mental tensions that can cause energy blockages and unhealthy chi flow • Shows how to recognize illness at its inception on the organ level and how to balance the emotions to heal it The Inner Smile is a practice that focuses gratitude and joy on the internal organs to resolve the physical and mental tensions that can lead to illness. In Taoism negative emotions--anger, sadness, depression, fear, and worry--are seen as low-grade energy that causes chronic disease and steals our major life force by creating energy blockages. Master Mantak Chia shows that the internal awareness produced by the simple yet powerful Inner Smile meditation practice flushes the organs of poisonous negative energy that may be blocking chi energy flow in order to nourish the entire body. Just as a genuine outer smile transmits positive energy and has the power to warm and heal, an inner smile produces a high grade of energy that promotes powerful internal healing, deep relaxation, happiness, and longevity. Smiling to the organs and thanking them for the work they do helps to reawaken the intelligence of the body, which, once activated, can dissipate emotional imbalances and inner disharmony before serious illness manifests.

The Inner Smile Vinod Kumar

What do a very special auto mechanic and his wife know about health and wellness? How does a young workaholic take their message from a small village in the Gatineau Hills of western Quebec and spread it throughout the world, causing a paradigm shift in the way that people view health care? What are the simple steps that you can take right now to create a life full of health and happiness? Find the answers in *The Healthy Mechanic*, a fictional story with a very real and powerful message. Follow Ben Dayton on a journey of discovery that will change not only his own life, but the lives of millions of others around the world as he learns and implements the secrets to wellness and longevity from Daniel and Elizabeth Webster.

Smile! Green Smile Cookbook

Exercises to deactivate emotional triggers, transform negative emotions into positive ones, and heal from PTSD, depression, anxiety, and addiction • Provides illustrated step-by-step instructions on how to combine the eye movements of EMDR therapy with the energetic practices of the Universal Healing Tao • Reveals how negative emotions are stored in the organs, where they also have effects on physical, mental, and spiritual health • Explains how to release stored negative emotions, transform them into positive energy, and harmonize the energies of your organs Through the energy psychology practices from the 5000-year-old Taoist Chi Kung system, you can recycle negative emotional states into positive energy for your spiritual, emotional, and physical benefit. By combining these ancient practices with the recently developed therapy of EMDR, or Eye Movement Desensitization and Reprocessing, you can produce fast, profound relief from emotional trauma, as well as address the emotional imbalances underlying depression, anxiety, PTSD, and even addiction. In this illustrated guide, Master Mantak Chia and Doug Hilton explain how to integrate the eye movements of EMDR with the energetic exercises of the Universal Healing Tao to rid yourself of the negative feelings associated with past trauma, build up positive feelings about handling similar events in the future, and remove any physical sensations connected to the issue. The authors explore how negative emotions are stored in the organs, the effects they have on physical, mental, and spiritual health, and the maladaptive emotional states people develop to deal with the pressures of modern life. Providing step-by-step instructions for each practice, the authors show how to deactivate your emotional triggers, trace energy disturbances back to the

affected organ systems, transform negative emotions into positive ones, and harmonize the organs with EMDR and the Universal Healing Tao techniques of the Inner Smile, the Six Healing Sounds, and the Microcosmic Orbit. The result is a powerful self-healing practice that can be learned and applied quickly and easily.

[Channelling](#) Simon and Schuster

The #1 New York Times best-selling author and beloved healing authority reveals how taking your liver off overload can help resolve a wide range of symptoms and conditions--and transform your health in ways you've never imagined. What if you could focus on one aspect of your well-being to transform all the others--and at the same time prevent health problems you didn't even know were lurking beneath the surface? In today's world, we have no idea how many symptoms, conditions, and diseases are rooted in an overloaded liver. It's not only about liver cancer, cirrhosis, and hepatitis. Nearly every challenge--from pesky general health complaints to digestive issues to emotional struggles to weight gain to high blood pressure to heart problems to brain fog to skin conditions to autoimmune and other chronic illnesses--has an origin in an overloaded liver and can improve and heal when you harness the force of this humble organ. Medical Medium Liver Rescue offers the answers you should have had all along. With his signature compassion, Anthony William, the Medical Medium, shares unparalleled insights into undiscovered functions of our life-saving livers, explains what's behind dozens of health issues that hold us back, and offers detailed guidance on how to move forward so we can live our best lives. Find out for yourself what liver rescue is all about: being clearer-headed, more peaceful, happier, and better able to adapt to our fast-changing times. Learn how to sleep well, balance blood sugar, lower blood pressure, lose weight, and look and feel younger. A healthy liver is the ultimate de-stressor, anti-aging ally, and safeguard against a threatening world--if we give it the right support.

[Windows Magazine](#) FriesenPress

A comprehensive guide to the core practices of the Universal Healing Tao System and the advanced esoteric practices of Inner Alchemy • Explains each of the nine levels of Inner Alchemy and their more than 240 formulas • Explores the Four Healing Arts for transformation of the emotional body, physical body, energy body, and spiritual body • Provides simplified versions of core Universal Healing Tao practices to more easily integrate the system into your daily life • Shows how these exercises were designed to increase longevity and ensure the survival of consciousness beyond death Explaining the evolution and core of the Universal Healing Tao system, Master Mantak Chia and William U. Wei offer a condensed approach to the Inner Alchemy practices taught to Master Chia by his first Taoist Master, Yi Eng, more than 60 years ago. Beginning with the basic principles called the Five Enlightenments, the authors explain each of the nine levels of Inner Alchemy and their more than 240 formulas, including simplified versions of the Microcosmic Orbit, the Inner Smile, Sexual Alchemy exercises for men and women, Fusion of the Five Elements practices, Kan and Li Alchemy, the Sealing of the Five Senses, and Star and Galaxy Alchemy. They explore the Four Healing Arts that encompass the nine levels of Inner Alchemy--Living Tao practices for transformation of your emotional body, Chi Nei Tsang practices for transformation of the physical body, Cosmic Healing practices for transformation of the energy body, and Immortal Tao practices for transformation of the spiritual body--all aimed toward the survival of consciousness in a self-aware vessel. They also offer simplified versions of the other core practices, such as Iron Shirt Chi Kung, Bone Marrow Nei Kung, and Wisdom Chi Kung, to help you easily integrate Inner Alchemy and Universal Healing Tao practices into your daily life. Providing a primer not only on the foundational practices of the Universal Healing Tao System but also a condensed guide to the esoteric practices of Inner Alchemy, Master Chia and William U. Wei show how these exercises were designed to increase longevity, providing you with enough time to master the more advanced spiritual techniques and ensure the survival of consciousness beyond death.

Current Opinion Plum

Ladies and gentlemen, let me tell you about the remarkable book "Juicing for Fatty Liver." This book is not just a collection of pages; it's a blueprint for transforming your health and taking control of your liver's well-being. Inside its covers, you'll uncover the secrets to rejuvenating your liver through the power of juicing. This book is a roadmap to your well-deserved vitality. As you flip through these pages, you'll learn how to harness the natural goodness of fruits, vegetables, and herbs to cleanse and nourish your liver like never before. Imagine feeling more energetic, more vibrant, and more alive as you implement the wisdom contained within these chapters. This book isn't just about juicing; it's about empowering yourself to make choices that will bring about lasting

change. In the quaint village of Willowbrook, lived a woman named Sarah who had always been known for her warm smile and kind heart. One day, Sarah's health took an unexpected turn when she was diagnosed with a fatty liver. Determined to reclaim her vitality, she stumbled upon the book "Juicing for Fatty Liver." As she delved into its pages, Sarah found solace in the stories of others who had transformed their health through juicing. Inspired by the tantalizing recipes and insightful advice, she embarked on a journey of rejuvenation. Armed with her juicer, she began experimenting with vibrant combinations of fruits, vegetables, and healing herbs. Weeks turned into months, and Sarah's dedication bore fruit--her energy levels soared, her skin glowed, and her zest for life returned. Her friends and family marveled at the positive changes they witnessed. Sarah's journey became an inspiration to the entire village, as her revitalized health radiated outward, touching the lives of those around her. "Juicing for Fatty Liver" wasn't just a book; it was a catalyst for Sarah's transformation and a ripple of well-being that spread far and wide. Today, the villagers of Willowbrook gather to share their own juicing stories, united by the power of choice and the remarkable potential that lies within the pages of a book. Benefits: Rejuvenate liver health naturally Boost energy levels and vitality Enhance skin's radiance Inspire positive changes in others Objection Management: "Does juicing really help fatty liver?" Absolutely. Juicing floods your body with nutrients that support liver health. It's a natural way to cleanse and nourish your liver, helping it function optimally. "Can't I achieve the same results with medication?" While medication can be helpful, incorporating nutrient-rich juices into your diet offers holistic benefits. It provides your body with essential vitamins and antioxidants that promote liver health and overall well-being. "Isn't juicing time-consuming?" It doesn't have to be. "Juicing for Fatty Liver" offers simple and delicious recipes that can easily fit into your daily routine. Plus, the benefits you'll experience make it worth the effort. So whether you're someone who's been struggling with a fatty liver, seeking to prevent liver issues, or simply looking to boost your overall health, "Juicing for Fatty Liver" will guide you on a journey towards optimal well-being. Remember, your liver is your body's filter, and by giving it the care it deserves, you're investing in a healthier, happier you. Get ready to unlock the potential of juicing and experience the transformation that comes with it. Ready to rejuvenate your liver health and embrace vitality? Get your copy of "Juicing for Fatty Liver" today and embark on a transformative journey towards optimal well-being. Your liver will thank you!

[Meeting Your Half-Orange](#) Grand Central Life & Style

Take a life-affirming journey with Dennis Lewis into the physiological, psychological, and spiritual experience of breathing. A long-time student of Advaita Vedanta, Taoism, and the Gurdjieff Work, he presents a comprehensive approach to understanding the mechanics of the breath, as well as the relationship of breath, emotions, and energy. Best of all, he offers guided explorations of the Whole-Body Breath, the Spacious Breath, the Smiling Breath, the Vital Breath, and more. These practices will improve your health, increase your energy, and support your quest for inner growth. [The Light Body Exercises](#) Createspace Independent Publishing Platform

This book offers an invigorating, highly professional, and rapid way to end major addictions with hypnosis. It is a great investment of your time and money for professional training in the field. You are provided with unique and complete word-for-word hypnosis sessions to treat individuals and groups. These sessions have been used in Dr. O'Neill's own clinic for over 15 years. To further enhance the healing process, you can offer Dr. O'Neill's professional hypnosis audiotapes for use between sessions. The goal is to have your clients reach their healthy goals in the shortest number of sessions. Dr. Milton H. Erickson, the world-renowned expert in the field of medical hypnosis said it best: "Hypnosis is the safest, fastest, and most effective form of psychotherapy." The hypnosis sessions you will do from this book are sure to increase your referrals from satisfied clients, and add to your professional reputation. BOOK 1: HYPNOSIS SESSIONS TO STOP SMOKING In Book 1 you will be trained to perform excellent hypnosis. There are unique word-for-word beginning, middle, and final sessions for stopping smoking with individuals and groups. These are followed with powerful advanced hypnosis techniques. Knowledge of mind-brain activities is presented. Also included are verbatim hypnosis sessions for excellent health and peak performance. BOOK 2: HYPNOSIS SESSIONS TO STOP DRUG ABUSE Book 2 gives hypnosis training to stop all drug addictions. It has seven complete word-for-word sessions for stopping individual drug abuse, and four group sessions for drug addictions. Stress reduction and pain management techniques follow. Instructions for stress reduction homework, and sessions to increase self-esteem and personal success are given in detail. BOOK 3: HYPNOSIS SESSIONS FOR WEIGHT LOSS & ALCOHOL ABUSE There are eight verbatim individual and group sessions for weight control. These are followed by four hypnosis sessions to stop individual alcohol abuse. This is followed by group hypnosis for

alcohol abuse. Included are items covering the 12-step program, and additional sessions follow for sexual fulfillment.

[The Judge eBookIt.com](http://TheJudge eBookIt.com)

Lita de Alberdi is a gifted spiritual teacher who has taught hundreds of people to channel their guides. In this accessible and practical book, she explains how you too can learn to contact and channel your own spiritual guide. Full of easy-to-follow meditations and exercises based on her successful courses, Channelling will enable you to: * Shift your awareness to an expanded state of consciousness * Work with guides and angels * Use psychic protection effectively * Channel to receive help with health and past-life issues * Conduct channelled readings for others * Understand the changes happening on Earth today * Enhance your confidence and creativity. Throughout the

book, Lita de Alberdi includes channelled material from her own guides and answers the many questions that people ask. If you want to learn to channel successfully and safely, this is the book for you.

Stress Management: Simple Techniques to Kill Your Anxiety and Be Happy (Reduce Your Depression While Seeing Your Life in a New Light) Lulu.com

How would you like to have a wonderfully well-suited, kind, adoring half-orange who feels like a teammate, a partner in crime, a true other half? "Half-Orange" refers to the Spanish term *mi media naranja*, which describes one's sweetheart, that perfect other half. What if you heard he or she would be coming along soon? Would you be relieved? Excited? Happy? Well those are the feelings that dating optimism can give you. Rather than admonishing readers to make themselves more

available, or turn dating into a full-time job, Spencer's program of dating optimism is a fun, results-oriented way to find a healthy happy relationship, based on brain science and psychology that can help you become a more positive dater. She'll guide you through sowing the orange seed of your ideal relationship and growing it to "fruit-ion." In essence, by focusing positively about dating, you can actually change your brain, which changes everything from your body language to the way you perceive others and what you ultimately attract. Meeting Your Half-Orange is the pep talk that puts finding true love back into your own hands. It will guide you toward becoming so focused on the relationship you want and so happy in your own skin, the right person will be naturally drawn straight to you. You've never read a dating guide like this before. But best of all, it will be the last one you'll ever need.