
Fat For Fuel A Revolutionary Diet To Combat Cance

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*Fat For Fuel A
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2022-05-05

GLORIA CYNTHIA

Always Hungry? Rodale Books

The national bestseller with the ultimate program to lose body fat and build muscle-and keep the weight off for good By now, we all know that we gain fat when we take in more calories than we burn. But we're not always rational creatures when it comes to food and exercise. Tom Venuto provides a sound plan that will help us put the brakes on overeating by pinpointing the mental roadblocks and emotional eating patterns that are preventing us from losing weight for good. Guiding readers to dig deeper, *The Body Fat Solution* explores: ?Why it is so difficult to balance calorie output with input ?What prevents people from eating appropriately and exercising more ?The emotional and psychological factors that sabotage success *The Body Fat Solution* shows how to personalize an eating plan that takes into account your unique metabolism and calorie needs, while offering delicious new menus. Tapping

into his years of training expertise and personal experience, Venuto helps readers change their relationship with food, empowers them to take charge of their lives, and delivers a program that promises dramatic and permanent results.

The No-Grain Diet KP

Concise Reading offers an in-depth and comprehensive encapsulation of "Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy" by Dr. Joseph Mercola, New York Times best-selling author and leading natural-health practitioner. It helps you to save time and money while taking in the essence and wisdom of Dr. Mercola's groundbreaking guide, the first of its kind; and also provides contemplative discussions that will allow you to appreciate the book even more. This companion book contains many tantalizing sections including: - Book Summary - Background Information About The Author - Discussion Questions And much more! Get your copy and start reading immediately. *Note: This is an unofficial companion book of Joseph Mercola's "Fat for Fuel: A Revolutionary

Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy." -It is designed to enrich your reading experience and NOT the original book. [Summary & Study Guide - Fat for Fuel](#) Penguin

"Don't waste time contemplating whether or not this program could work for you. Trust me - it will work! Take this from someone who has struggled for the last 10 years and finally lost the weight. If I knew I could lose weight so easily and quickly I would have tried NutriSystem sooner!" -Zora Andrich, reality TV star lost 20 lbs. in two months (results not typical) The highly anticipated companion book to NutriSystem?? Nourish?™, the breakthrough weight-loss program Do you want to lose weight and not feel hungry? Would you like to find a way to drop unwanted pounds that actually fits into your lifestyle? Welcome to NutriSystem Nourish, the integrated program that lets you put the past behind you and gives you the tools you need to start losing weight right now! The NutriSystem Nourish program is designed to work-offering real solutions for busy lifestyles and making your metabolism function at its highest level to yield breakthrough weight-loss results. Based on the latest dieting and nutritional research, NutriSystem Nourish is the Good Carb Answer?™. * Can help you lose weight because it's the Good Carb Answer?™ that's rich in good carbs, yet still low in fat * Features 28 days of simple and practical meal plans, 4 weeks of exercise plans, and 75 delicious recipes * Incorporates easy movement and exercise tips, fast relaxation tools, positive thinking, and inspiration, as well as optional prepared meals * Packed with weight-loss tips and techniques, sidebars, and mental exercises designed to increase

your weight-loss success!

[Fat for Fuel](#) Hay House, Inc

'Scientists labelled fat the enemy . . . they were wrong.' Time magazine We've been told for years that eating fat is bad for us, that it is a primary cause of high blood pressure, heart disease and obesity. The Real Meal Revolution debunks this lie and shows us the way back to restored health through eating what human beings are meant to eat. This book will radically transform your life by showing you clearly, and easily, how to take control of not just your weight, but your overall health, too - through what you eat. And you can eat meat, seafood, eggs, cheese, butter, nuts . . . often the first things to be prohibited or severely restricted on most diets. This is Banting, or Low-Carb, High-Fat (LCHF) eating, for a new generation, solidly underpinned by years of scientific research and by now incontrovertible evidence. This extraordinary book, already a phenomenal bestseller, overturns the conventional dietary wisdom of recent decades that placed carbohydrates at the base of the supposedly healthy-eating pyramid and that has led directly to a worldwide epidemic of obesity and diabetes. Both a startling revelation, and as old as humanity itself, it offers a truly revolutionary approach to healthy eating that explodes the myth, among others, that cholesterol is bad for us. This is emphatically not just another unsustainable, quick-fix diet or a fad waiting to be forgotten, but a long-delayed return to the way human beings are supposed to eat.

The Fatburn Fix Simon and Schuster

New York Times best-selling author Dr. Joseph Mercola teams up with cardiovascular expert Dr. James J. DiNicolantonio to cut through the

confusion about how dietary fats affect our bodies--and set the record straight on how to eat for optimal health. Should you cook with coconut oil or vegetable oil? Eat butter, cream, or olive oil? Supplement with fish oil or flax oil? Sometimes it seems as if everyone has a different opinion on these crucial questions--but this book holds real answers. Best-selling author and teacher Dr. Joseph Mercola teams up with cardiovascular expert Dr. James DiNicolantonio to cut through the confusion about how dietary fats affect our bodies and set the record straight on how to eat for optimal well-being. Dr. DiNicolantonio, an internationally known and respected scientist, has spent nearly a decade studying the effects of different fats on the body. Dr. Mercola is one of the world's leading authorities on natural health. In *Superfuel*, they've gathered a wealth of information and insight in a form that's both impeccably researched and highly accessible. You'll read about:

- * The many health problems supposedly caused by saturated fat--that actually aren't
- * Why the so-called healthy vegetable oils are actually making you sick and fat
- * The optimal ratio of omega-3 to omega-6 fats in your diet
- * Foods that help resolve inflammation, increase longevity, and fight or prevent chronic illness
- * A cyclical ketogenic eating plan that keeps your body burning fat as healthy fuel
- * Supplemental fats such as fish oil, krill oil, and flax oil--what to take and how to choose
- * Which oils you should cook with, how to use them, and why
- * And much more

Drawing on Dr. DiNicolantonio's firsthand research at Saint Luke's Mid America Heart Institute, as well as hundreds of groundbreaking studies from the medical literature, *Superfuel* will give you the facts you

need to optimize your fats and your health.

Summary of Dr. Joseph Mercola's Fat for Fuel

Independently Published
In this ground-breaking guide, New York Times bestselling author and leading natural health practitioner Dr Joseph Mercola explains how nearly all disease - including cancer - is caused by defective metabolic processes. This astonishing truth could revolutionize our understanding of other diseases and show us a radical new path to optimal health. Dr Mercola breaks down complicated science into easily digestible facts to help you understand how a damaged metabolism affects your health, and how to begin healing it. Using this book, you'll come to understand how: - your metabolism goes haywire when dysfunction takes place in the mitochondria, the body's natural powerhouse - a cyclical ketogenic diet - low in carbohydrates and high in healthy fats - is the way to optimize the biochemical processes that suppress disease and support healing - following a ketogenic diet can boost brain power, increase energy, assist weight loss and bring about many more health benefits. This simple but powerful diet manifesto can help not only to treat and prevent serious illness, but will also empower you to take control of your health simply by giving your body the proper fuel it needs for healing and thriving.

Fat for Fuel Ketogenic Cookbook

Flatiron Books

Food is medicine. Hippocrates himself, 16 centuries ago, understood this essential truth about healing. Today, natural-health expert Dr. Joseph Mercola and superstar Australian chef Pete Evans share the firm belief that food can be a powerful tool to reshape our health. In this new volume—a companion to Dr.

Mercola's best-selling *Fat for Fuel*—they've joined forces to put this tool in your hands. Dr. Mercola is renowned for his visionary work in natural medicine; Pete Evans is acclaimed as an award-winning restaurateur, cookbook author, and TV chef, host of PBS's *Moveable Feast with Fine Cooking*. Drawing on their combined expertise, *The Fat for Fuel Ketogenic Cookbook* is an impeccably researched, beautifully illustrated, comprehensive guide to eating the ketogenic way—in true epicurean style. In its pages, you'll find:

- A clear explanation of what ketogenic eating is and how it can help transform your health
- An in-depth discussion of key health topics, including metabolism, digestion, gut health, diabetes, and more
- Practical guidance for following a ketogenic eating plan
- Cooking techniques to ensure you get the maximum benefit from your food
- Nearly 100 delicious recipes from Pete's kitchen, aligned with both ketogenic and Paleo principles

From basics like Beef Bone Broth, to showstopper entrées like Crispy Duck Confit, to irresistible treats like a Chocolate Fat Bomb, these dishes offer exquisite eating at every meal. And all are illustrated with gorgeous full-color photographs shot in Pete Evans's own studio.

The G Plan Diet Thomas Nelson
Dr. Joseph Mercola, one of the world's foremost authorities on alternative health, joins with top chef Pete Evans for an illustrated guide to timing ketogenic meals for optimal health, weight loss, and more. Includes more than 100 delicious recipes to make ketogenic eating easy and enjoyable. You are what you eat--or is it more that you are when you eat? Natural-health expert Dr. Joseph Mercola and top Australian chef Pete Evans share a firm belief that food

can be medicine--that what we eat offers us powerful tools to reshape our health. In their second co-authored cookbook, they explore the science behind intermittent fasting and the practice of timing ketogenic meals for maximum health benefits--a unique combination of principles they call KetoFasting. Drawing on Dr. Mercola's expertise and visionary work in natural medicine, and Pete Evans's experience as an award-winning restaurateur, cookbook author, and TV chef, this book offers: Insight into the history and cultural relevance of fasting
Guidance for a healthy ketogenic lifestyle
Strategies to boost your body's detox processes--including a detailed guide to using sauna therapy for detoxing
Healthy supplements to support KetoFasting
Delicious recipes for soups, broths, snacks, and more --all illustrated with mouthwatering full-color photographs shot in Pete Evans's own studio
And much more
Read on to learn how KetoFasting can help you lose weight, treat disease, and feel better than ever before.

KetoFast Cookbook Mercola.com
The dangers of electromagnetic fields are real--and now a renowned health authority reveals exactly what they are and how you can protect yourself. The hazards of electronic pollution may once have been the stuff of science fiction, but now we know they're all too real. And with the advent of 5G ultra-wideband technology, the danger is greater than ever. Dr. Joseph Mercola, one of the world's foremost authorities on alternative health, has mined the scientific literature to offer a radical new understanding of how electromagnetic fields impact your body and mind. In this first-of-its-kind guide, he reveals: What EMFs (electromagnetic fields) actually are, where you find them in your daily

life, and how they affect you The toll that EMFs have been proven to take in conditions such as cancer, heart disease, and neuropsychiatric illnesses Why you've been largely kept in the dark about this threat to your health How you can actually repair the damage done by EMFs at a cellular level Practical strategies to protect yourself and your loved ones from EMFs at home, at work, and out in the world The coming 5G technology will be pervasive and powerful. It will also be one of the largest public-health experiments in history-with no way of opting out. That's why you need to read this book. Now.

Summary of Fat for Fuel Penguin
A revolutionary new keto diet program from Dr. Michael Mosley, the #1 New York Times bestselling author of *The FastDiet*. Recent studies have shown that a keto diet not only produces significant--and rapid--weight loss, but also has many other benefits for long-term health. But it must be done the right way. In *21-Day Keto Magic*, Dr. Mosley presents the latest science on the ketogenic diet--a diet high in fat and protein and very low in carbs--explaining how it works and why it is so good for you. The aim of a keto regime is to kickstart a process called ketosis, whereby your body goes from burning sugar to burning fat for fuel. Flipping this metabolic switch has the added advantage of making you feel less hungry, which makes the diet highly motivating and relatively easy to sustain. *21-Day Keto Magic* offers a detailed, step-by-step program, along with easy tips and clear advice on which foods support ketosis and which ones stop it, how to tell if you are producing ketones, and how to ensure that you're following the diet safely. There are also 50 delicious recipes from Michael's wife,

Dr. Clare Bailey, as well as shopping lists, weekly meal planners, and all the other tools you need to ditch stubborn fat and transform your health for life. *The Real Meal Revolution* Grand Central Life & Style
An Easy to Digest Summary Guide... " BONUS MATERIAL AVAILABLE INSIDE " If you're looking for alternative methods to heal from certain diseases or you're simply looking to recharge your mitochondrial health for a more energizing life experience, you're going to want to read this one.. The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? Maybe you haven't read the book, but want a short summary to save time? Maybe you'd just like a summarized version to refer to in the future? In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.... NOTE: To Purchase the "Fat for Fuel"(full book); which this is not, simply type in the name of the book in the search bar of Amazon

Superfuel Hay House, Inc
A revolutionary approach to helping women athletes achieve success in sports and in life. In this game-changing guide, sports dietitian Pam Nisevich Bede explains how women are unique with regards to training, nutrition, and performance, on the road, court, field, or track. Instead of outdated concepts and male-centric research that never spoke to your specific needs, here you will find a framework that will maximize performance, no matter your sport, illustrated with the insights and

experiences of world-class athletes. Fuel the Fire provides simple and clear instructions that will help you own your plate, fuel your workout and your day, and navigate specific fueling scenarios. Whether competing in college, nourishing pregnancy and lactation, recovering from injury, or adjusting nutrition across the menstrual cycle, learn how to perform stronger and longer, and apply this new understanding of fueling for years to come.

Unlocking the Keto Code Little, Brown Spark

For over a century, we've accepted the scientific consensus that cancer results from genetic disease due to chromosomal damage in cell nuclei. But what if cancer isn't a genetic disease after all? What if scientists are chasing a flawed paradigm, and cancer isn't a disease of damaged DNA but rather of defective metabolism as a result of mitochondrial dysfunction? What if that startling truth could revolutionize our understanding of other diseases as well—and show us a radical new path to optimal health? In this groundbreaking guide, the first of its kind, New York Times best-selling author and leading natural-health practitioner Joseph Mercola explains how nearly all disease is caused by defective metabolic processes. Then he reveals what's really causing your metabolism to go haywire: damage and dysfunction in the mitochondria, thousands of which are at work in nearly every cell in your body, generating 90 percent of the energy you need to stay alive and well. When mitochondria become damaged in large numbers, it is impossible to stay healthy. Dr. Mercola shows you that you can take control of your health simply by giving your body the proper fuel—and

it's not what you've likely been led to believe. A ketogenic diet, very low in carbohydrates and high in healthy fats, is the way to optimize the biochemical pathways that suppress disease and support healing. And the benefits can be astonishing—not only in treating or preventing serious illness, but in boosting your brainpower, increasing your energy, helping you lose weight and keep it off, and much more. As you read this book, you'll learn in clear, rational terms how your body works at a molecular level. You'll finally understand the type of fuel it's designed to burn in the most efficient way possible. You'll find detailed guidelines for starting and sticking with a ketogenic eating plan. And you won't have to wait a decade or two for metabolic mitochondrial therapy to make its way into the mainstream. You can build a healthier body and brain at the cutting edge of this exciting new discipline, starting right now.

NutriSystem Nourish Harmony

Don't miss this summary of Dr. Joseph Mercola's revolutionary take on diet and body health, "Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy." This SUMOREADS summary includes key takeaways and analysis to help you quickly absorb and understand the science behind Mercola's groundbreaking method to shift the way your body burns fat and creates energy. What will you learn from reading this book? Mitochondria and their critical energy role in the body The problem that reliance on glucose as body fuel poses to health Glucose synthesis and production of free radicals, and the associated brain, cancerous and heart complications this poses The viability of shifting to use of fat as an alternative body fuel, and the associated health

benefits owing to reduction of amount of free radicals The Mitochondrial Metabolic Therapy and how it can help the body transition to burn fat as a primary body fuel How to sustainably make MMT a lifestyle Realizing benefits of MMT including reduced prevalence of cancer, heart and brain diseases, getting better brain and body energy, remaining in good health, and feeling fulfilled Book Summary Overview This book is for both the person convalescing from cancer, heart or brain diseases, as well as for the healthy person who wants to fortify their health. The MMT diet can help you avoid these diseases and conditions through adopting a revolutionary diet lifestyle that is equally rewarding. Mercola includes science to back up his claims as well as detailed suggestions for the best foods you need to eat, tools to track your progress, and the stages your body will go through as you switch from burning glucose to burning "Fat for Fuel." Click 'Add to Cart' to own your copy today! Please note: This is a summary, analysis and review of the book and not the original book.

Fat for Fuel Hay House, Inc
From the author of the national bestseller *Eat Dirt*, a 30-day healthy plan -- including more than 80 delicious recipes -- to burn fat, fight inflammation, and reverse disease using the keto diet. Today, the ketogenic diet is the world's fastest growing diet, and with good reason. When practiced correctly, it has been proven to burn fat, reduce inflammation, fight cancer, balance hormones and gut bacteria, improve neurological diseases, and even increase lifespan. Unfortunately, many people remain unaware of several key factors that are crucial to the diet's success, setting them up for frustration, failure, and relapse. In *Keto Diet*, bestselling

author Dr. Josh Axe sets the record straight, offering thorough, step-by-step guidance to achieving lifelong health. Unlike other books on the subject, *Keto Diet* identifies and details five different ketogenic protocols and explains why picking the right one for your body and lifestyle is fundamental to your success. Inside, you'll find all the tools they need to say goodbye to stubborn fat and chronic disease once and for all, including: shopping lists delicious recipes exercise routines accessible explanations of the science behind keto's powerful effects five different keto plans and a guide to choosing the one that fits you best!

Summary of Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy by Dr. Joseph Mercola Aster

From Dr. Joseph Mercola, one of the world's foremost authorities on alternative health: a guide to using the principles of ketogenic eating, meal planning, and timing to treat disease, promote weight loss, and optimize health. We all know that food is medicine--yet going without food is one of the single best things you can do for your health. Short, doable fasts, when strategically timed, are an incredibly powerful metabolic intervention, dovetailing perfectly with a ketogenic diet to activate your body's fat-burning mode. This in turn can ward off insulin resistance, reduce oxidative stress and inflammation, optimize brain function, prevent neurological problems, support weight loss, and more. In this in-depth yet accessible guide, Dr. Joseph Mercola explores the profound health benefits that result when ketogenic living and well-planned fasting are combined. Topics include: * How our food is making us sick and what we can do about it *

The physiology and mechanisms of fasting, including stem cell activation * How the cyclical ketogenic diet--with fasting included--differs from the conventional keto diet * How fasting works and how safe it is for you * How regular one-day fasts support fat burning and detoxification while minimizing hunger and side effects * How to monitor your progress with lab tests * And much more "This will be an exciting journey for you," Dr. Mercola writes. "I am beyond excited for you to implement what I consider to be one of the most powerful physical strategies to help you not only recover your health, but also improve it to levels you likely never believed were possible."

SUMMARY: Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power, and Increase Your Energy : by Joseph Mercola | The MW Summary Guide John Wiley & Sons

Leading Harvard Medical School expert and "obesity warrior" (Time magazine) Dr. David Ludwig rewrites the rules on weight loss, diet, and health in this guide to retraining your cells and reclaiming your health for life. Forget everything you've been taught about dieting. In *Always Hungry?*, renowned endocrinologist Dr. David Ludwig explains why traditional diets don't work and presents a radical new plan to help you lose weight without hunger, improve your health, and feel great. For over two decades, Dr. Ludwig has been at the forefront of research into weight control. His groundbreaking studies show that overeating doesn't make you fat; the process of getting fat makes you overeat. That's because fat cells play a key role in determining how much weight you gain or lose. Low-fat diets work against you by triggering fat cells to hoard more calories for themselves,

leaving too few for the rest of the body. This "hungry fat" sets off a dangerous chain reaction that leaves you feeling ravenous as your metabolism slows down. Cutting calories only makes the situation worse by creating a battle between mind and metabolism that we're destined to lose. You gain more weight even as you struggle to eat less food. *Always Hungry?* turns dieting on its head with a three-phase program that ignores calories and targets fat cells directly. The recipes and meal plan include luscious high-fat foods (like nuts and nut butters, full-fat dairy, avocados, and dark chocolate), savory proteins, and natural carbohydrates. The result? Fat cells release their excess calories, and you lose weight - and inches - without battling cravings and constant hunger. This is dieting without deprivation. Forget calories. Forget cravings. Forget dieting. *Always hungry?* reveals a liberating new way to tame hunger and lose weight for good.

Fat for Fuel HarperCollins

Combat Cancer Increase Your Energy Boost Your Brainpower Lose Weight and Keep It Off This book is a summary of "Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power and Increase Your Energy" by Dr. Joseph Mercola. This book summarizes the key concepts of Dr. Mercola's Mitochondrial Metabolic Therapy program. It also includes a diet cheat sheet which is a concise summary of the dietary principles, including (a) general guidelines, (b) foods to eat daily, (c) foods to eat in moderation, and (d) foods to avoid. By following the Mitochondrial Metabolic Therapy program, you can: * treat and prevent serious diseases * increase your energy * boost your brainpower * lose weight and keep it off Stop, Read, and Take Action to Protect

Your Mitochondria. This guide includes: * Book Summary—helps you understand the key concepts. * Online Videos—cover the concepts in more depth. * Diet Cheat Sheet—A concise summary of the dietary principles, including (a) general guidelines, (b) foods to eat daily, (c) foods to eat in moderation, and (d) foods to avoid. Value-added from this guide: * Save time * Understand key concepts * Expand your knowledge

[The Body Fat Solution](#) Createspace Independent Publishing Platform
An Easy to Digest Summary Guide... >>
BONUS MATERIAL AVAILABLE INSIDE <<
If you're looking for alternative methods to heal from certain diseases or you're simply looking to recharge your mitochondrial health for a more energizing life experience, you're going to want to read this one... The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? Maybe you haven't read the book, but want a short summary to save time? Maybe you'd just like a summarized version to refer to in the future? In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.... NOTE: To Purchase the "Fat for Fuel"(full book); which this is not, simply type in the name of the book in your bookstore search bar

*EMF*D* Little, Brown Spark

A proven plan to optimize your health by reclaiming your natural ability to burn

body fat for fuel The ability to use body fat for energy is essential to health—but over decades of practice, renowned family physician Catherine Shanahan, M.D., observed that many of her patients could not burn their body fat between meals, trapping them in a downward spiral of hunger, fatigue, and weight gain. In *The Fatburn Fix*, Dr. Shanahan shows us how industrially produced vegetable oils accumulate in our body fat and disrupt our body's energy-producing systems, driving food addictions that hijack our moods and habits while making it nearly impossible to control our weight. To reclaim our health, we need to detoxify our body fat and help repair our "fatburn" capabilities. Dr. Shanahan shares five important rules to fix your fatburn: 1) Eat natural fats, not vegetable oils. 2) Eat slow-digesting carbs, not starchy carbs or sweets. 3) Seek salt. 4) Drink plenty of water. 5) Supplement with vitamins and minerals. She then provides a revolutionary, step-by-step plan to help reboot your fatburn potential in as little as two weeks. This customizable two-phase plan is widely accessible, easy to follow, and will appeal to the full spectrum of diet ideologies, from plant-based to carnivore to keto and beyond. By making a few changes to what you eat and when, you will lose unwanted weight and restore your body's ability to store and release energy. With *The Fatburn Fix*, Dr. Shanahan shows how regaining your fatburn is the key to effortless weight loss and a new, elevated life, paving the way to abundant energy and long-term health and happiness.