



Better Each Day: 365 Expert Tips for a Healthier, Happier You

Jessica Cassity

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New Year's resolutions have never been easier to keep than with *Better Each Day*. Its hundreds of tips add up to a big impact on well-being. Using the latest scientific findings from experts in the fields of nutrition, mental health, fitness, and psychology, respected journalist Jessica Cassity presents 365 proven and easy-to-achieve tips for feeling more confident, getting fit, clearing away worry and fear, improving relationships, and much more. Readers can work the tips day by day, or dip in and out of the book at will. With fascinating facts on the science behind self-improvement, this is an engaging and inspiring read perfect for anyone looking to feel healthier, and, of course, happier!



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