



# **Chicken Soup for the Soul: Think Positive for Great Health: Use Your Mind to Promote Your Own Healing and Wellness**

*Dr. Jeff Brown*

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## **Chicken Soup for the Soul: Think Positive for Great Health: Use Your Mind to Promote Your Own Healing and Wellness** Dr. Jeff Brown

*Chicken Soup for the Soul: Think Positive for Great Health!* will help readers use positive thinking to improve their health with its inspirational stories and useful medical information.

The mind-body connection is powerful. Our brains are our most trusted ally in improving our physical health, whether it's recovering from a short illness, managing symptoms, or keeping healthy. This new book highlights that positive relationship and will help readers with its combination of inspiring Chicken Soup for the Soul stories written just for this book and accessible leading-edge medical information from expert clinical psychologist and Harvard Medical School instructor Dr. Jeffrey Brown.

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