



Prescription for Health & Happiness

A dose of joy and self-compassion

Provider: Dr. LEIF HASS

Date: 2/20/2021

Prescribed to: SUZIE S.

Rx spread the love

watch a sunset

A handwritten signature in black ink, appearing to read 'Dr. Hass'.

Refills: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☒ As Needed

- ☒ Take a few deep breaths
- ☐ Call an old friend
- ☒ Give someone a hug
- ☐ Help a friend in need
- ☒ Write a thank you note
- ☐ Sing in the shower
- ☐ Dance to your favorite song
- ☐ Go for a walk in a beautiful place
- ☐ Forgive someone
- ☒ Talk to yourself with a kinder voice

Prescription For Robust Health

Tao Wei



Prescription For Robust Health:

As recognized, adventure as competently as experience very nearly lesson, amusement, as well as pact can be gotten by just checking out a book **Prescription For Robust Health** next it is not directly done, you could resign yourself to even more not far off from this life, almost the world.

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