



How To Live 365 Days A Year

By John A. Schindler

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One of the great self-help books of all time, *How to Live 365 Days a Year* has sold more than 1 million copies and has been translated into 13 languages. Author John A. Schindler, M.D. introduced the powerful concept of EII, or "emotionally induced illness," long before most physicians were aware of the connection between emotions and physical health. Our new edition of this 1956 *New York Times* bestseller, a classic of the genre, has updated health and nutrition information by a leading health and fitness expert. Dr. Schindler's original research explains how prolonged unhappiness sets off negative responses in the nervous and endocrine systems, producing symptoms of disease, and offers techniques for coping with EII. His landmark advice on positive lifestyle, exercise, and nutrition speaks volumes to today's self-aware readers. Topics include achieving emotional satisfaction, attaining sexual maturity, dealing with stress in the workplace, and meeting the challenge of the aging years.

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How To Live 365 Days A Year By John A. Schindler Bibliography

- Sales Rank: #123774 in Books
- Brand: Brand: Running Press
- Published on: 2003-12-25
- Released on: 2003-12-23
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .52" w x 6.00" l, .73 pounds
- Binding: Paperback
- 224 pages

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Editorial Review

From Publishers Weekly

"Emotional stress produces physical illness" is the sturdy, and somewhat rusty, hook from which all of Schindler's observations on how to live a better life dangle. Originally published in the pre-biotech era of the mid-1950s, the book introduced readers to the idea that an elevated stress level, related to everything from financial insecurity to the fear of dying, can manifest itself in the nervous and endocrine systems, resulting in symptoms that mimic diseases—a syndrome that Schindler dubbed EII (emotionally induced illness). It is from this familiar, though certainly relevant, concept that Schindler tethers a surplus of one-liner philosophies for achieving happiness: "Get up on the right side of the bed," "Allow yourself the delightful feeling of being happy" and "Avoid running your misfortune through your mind like a repeating phonograph record." The introduction to this new edition, by health care journalist Holtz, cautions that "Schindler's message—that right thoughts bring health and wrong thoughts bring disease"—can be dangerous if carried too far. This warning is essential as one peruses the cheerful, overly simplistic advice (including the prohibition of sex outside marriage) that ultimately—like a phonograph record—has limited relevance to today's world.

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Review

"One of the most helpful practical guidebooks I have yet encountered. To the millions of people who aren't getting any kick out of life, this book will be a blessing"

About the Author

John A. Schindler, M.D. co-founded the distinguished Monroe Clinic in 1939, where he advanced his revolutionary theories on psychosomatic medicine. His 1949 radio broadcast, titled "How to Live a Hundred Years Happily," was so well received that transcripts of the show were printed and sold by the thousands. This led him to write the highly influential bestseller *How to Live 365 Days a Year*. Dr. Schindler died in 1957.

Users Review

From reader reviews:

Arturo Lamb:

Reading a reserve tends to be new life style within this era globalization. With reading you can get a lot of information which will give you benefit in your life. Along with book everyone in this world could share their idea. Guides can also inspire a lot of people. Many author can inspire their reader with their story or their experience. Not only the storyplot that share in the books. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors on this planet always try to improve their expertise in writing, they also doing some research before they write for their book. One of them is this How To Live 365 Days A Year.

Bruce Mull:

A lot of people always spent their particular free time to vacation as well as go to the outside with them household or their friend. Do you know? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book which you read you can spent all day long to reading a publication. The book How To Live 365 Days A Year it doesn't matter what good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy the e-book. You can m0ore very easily to read this book from a smart phone. The price is not too costly but this book possesses high quality.

Jeanette Williams:

Reading can called thoughts hangout, why? Because while you are reading a book particularly book entitled How To Live 365 Days A Year your brain will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely will end up your mind friends. Imaging each word written in a reserve then become one application form conclusion and explanation this maybe you never get ahead of. The How To Live 365 Days A Year giving you another experience more than blown away your brain but also giving you useful info for your better life with this era. So now let us teach you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

Tracy Brown:

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