



The Simple Secrets for Becoming Healthy, Wealthy, and Wise: What Scientists Have Learned and How You Can Use It (100 Simple Secrets)

David, PhD Niven

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Now David Niven, the international bestselling author of the Simple Secrets series, has collected the most current and significant data from more than a thousand of the best scientific studies on three of the most important aspects of our daily lives. Niven has boiled these findings down to sound, succinct advice for each day of the year, presenting 365 essential ways to find and maintain health, wealth, and wisdom. Each entry is accompanied by a true story showing the results in action. Whether you want to enhance your body, your bank account, your Iq, or all three, this bestselling series offers 365 essential ways to let science help you.

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