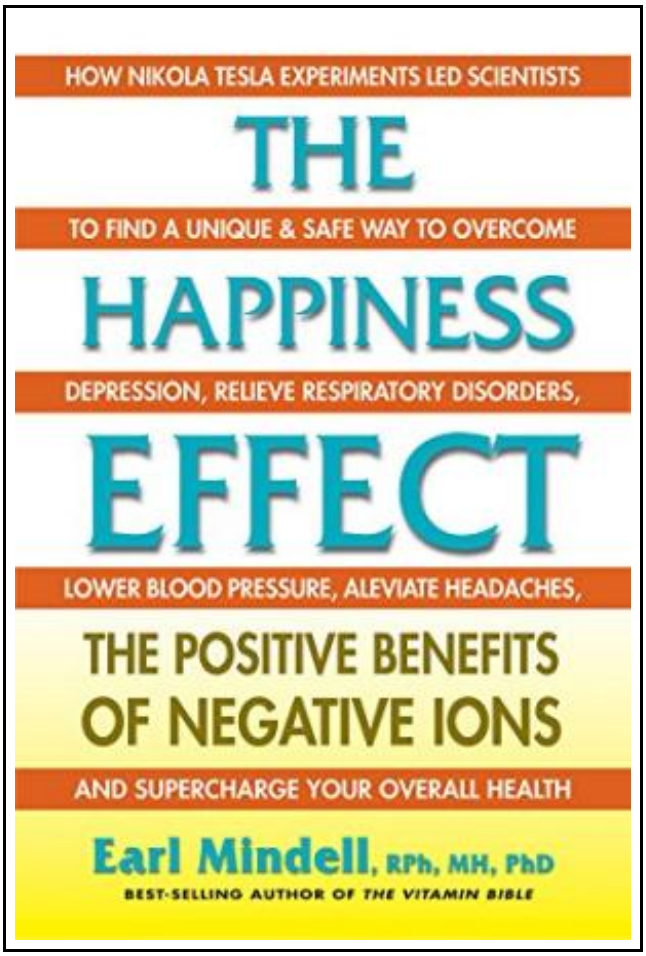
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THE HAPPINESS EFFECT: THE POSITIVE BENEFITS OF NEGATIVE IONS

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Square One Publishers, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Imagine a simple force of nature that can: Provide you with a feeling of well-being Offer a quick rush of energy Allow you to sleep better Relieve asthma, allergies, other respiratory disorders Lower blood pressure Sounds crazy, but it s true, and it s something that a drug company cannot sell you. The healing power of negative ions first became known to the public in 1900, when a young engineering genius named Nikola Tesla published an article about the amazing work he had been doing with electricity. Using his new invention, the Tesla Coil, he was able to transmit several hundred thousand volts through the air instead of using wires. Even more remarkable, he was able to send the current through this own body without harm. In so doing, he noted that his exposure had a beneficial effect on his body. The effect that Tesla reported was the direct result of negative ions. Now, over a century later, researchers understand the science behind the phenomenon that Tesla experienced. Written by best-selling author and health researcher Dr. Earl Mindell, The Happiness Effect is a complete guide to understanding and using negative ions to create a sense of well-being. The book begins with a clear explanation of negative ions and goes on to trace the history of man s interest in the nature of electricity. Readers then learn about the exploratory work performed by scientists after Tesla s breakthrough experiments, and the scientific studies that illuminated the effects of negative ions on human behavior and health. Finally, The Happiness Effect offers a comprehensive guide to the latest devices that can safely and economically produce negative ions to create good health and happiness.

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