



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

By David, PhD Niven

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Sociologists, therapists, and psychiatrists have spent entire careers investigating the ins and outs of health, success, and happiness, but their findings are inaccessible to ordinary people, hidden in obscure journals seen only by other experts.

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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## **Editorial Review**

### **About the Author**

David Niven, Ph.D., bestselling author of the 100 Simple Secrets series, is a psychologist and social scientist who teaches at Ohio State University.

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David Niven, Ph.D., es el autor de los bestsellers internacionales *Los 100 Secretos de la Gente Exitosa*, y *Los 100 Secretos de las Buenas Relaciones*. Es psicólogo y científico social, y enseña en la Florida Atlantic University.

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