



# Live Before You Die

*Mark M. Hood*

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# Live Before You Die

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## **Live Before You Die** Mark M. Hood

From the dawn of humankind to the present, we have been in search for the magic elixir to give us happiness or to lessen our state of discomfort. With the complexity of the human condition, what does it really take to be fully alive? Mark Hood reads from his book and gives a comprehensive perspective on "Being Human", chronicling the topics of optimal health; attitude, optimism, self-destructiveness, narcissism, altruism, placebos, humor, relaxation, toxic people, daring to be different, social support, men and women, the search for ourselves, exercise, motivation, power and finding that secret element called "IT".

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