

Happy in Intensive Care Abstract

Happy in Intensive Care includes wisdom from the Ancients including: Seneca, Epicurus, Marcus Aurelius, Lao Tsu, Jesus and others. The latest findings in Positive Psychology are also included and the positive results of Friends, Thankfulness, Helping others, Empathy, Integrity, New experiences, Living in the present, Being in awe, Savoring, Living a simple life, Not chasing pleasure, Mindfulness, Meditation, Forgiveness, Flow, Limiting electronics, Anti-inflammatory compounds, Diet, Exercise and Having life purpose.