



A Better High: laugh, help, run, love...and other ways to get naturally high! (Volume 1)

Matt Bellace PhD

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Young people need to feel empowered in their schools and communities-it's not enough to ask them to stay away from drugs and alcohol, we need to show them positive things they can do instead, both for themselves and others! A BETTER HIGH is a powerful tool for everyone, especially students, teachers and parents. Chapters include: 1. How to Get High Naturally; 2. Laughing, Smiling and Other Highs Better Than Cocaine; 3. Running, Surfing and Other Highs Better Than Weed; 4. Eating, Cooking and Other Highs Better Than Alcohol; 5. Helping, Listening and Other Highs Better Than Being Selfish; 6. Loving, Caring and Other Highs Better Than Hurting Yourself; 7. Unhealthy Natural Highs; 8. Creating Your Own Natural High. Author Matt Bellace holds a Ph.D. in clinical psychology, has been performing stand-up comedy since 1995, and has been involved in youth drug and alcohol prevention efforts since high school. Most importantly, Matt is a passionate and effective speaker who presents his message with humor and lots of audience interaction.

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This A Better High: laugh, help, run, love...and other ways to get naturally high! (Volume 1) book is just not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is usually information inside this book incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This specific A Better High: laugh, help, run, love...and other ways to get naturally high! (Volume 1) without we know teach the one who studying it become critical in contemplating and analyzing. Don't end up being worry A Better High: laugh, help, run, love...and other ways to get naturally high! (Volume 1) can bring whenever you are and not make your tote space or bookshelves' turn out to be full because you can have it within your lovely laptop even cellphone. This A Better High: laugh, help, run, love...and other ways to get naturally high! (Volume 1) having very good arrangement in word and also layout, so you will not sense uninterested in reading.

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