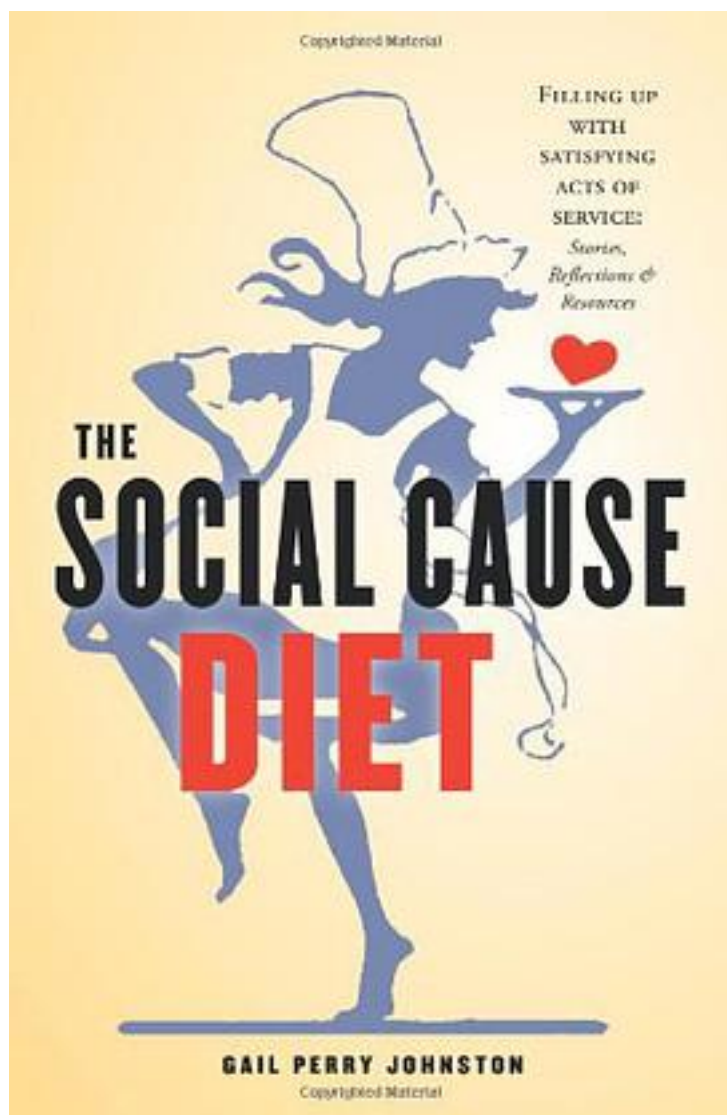


The Social Cause Diet



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Studies show that volunteering is good for your health. Adding a few volunteer activities to your schedule can lower your heart rate, lengthen your lifespan, and possibly even help you lose weight But where do you begin? What causes should you support? And what would you be good at doing? Here is a collection of personal stories by 45 everyday heroes who are enjoying the rich benefits of helping others. Coupled with the authors own reflections on what makes life truly satisfying, this book overflows with ideas and inspiration on how to give of yourself for the greater good--and for your health.

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