



Living Well Emotionally: Break Through to a Life of Happiness

Montel Williams, William Doyle

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New York Times bestselling author Montel Williams offers a pathway to emotional wellness.

In his inspiring *New York Times* bestseller *Living Well*, renowned talk-show host Montel Williams chronicled his personal battle against a life-threatening disease, the foods and regimen that countered his illness, and how everyone could benefit from his dynamic plan for better health.

Now, just as he shared the story of his physical triumph, Montel shares inspiration, advice, and a practical emotional wellness program so that readers can overcome personal obstacles to find the peace and love everyone deserves.



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