

# Dr. Paul Abell, Beverly Hills Healthcare Consultant, Draws Upon Personal Experiences in New Book

*"After a lifetime career in the field of alternative healthcare, I found myself facing a challenge when I chose to become a father at age 65." – Dr. Paul Abell*

LOS ANGELES, CA, UNITED STATES, December 30, 2018 /EINPresswire.com/ -- Dr. Paul Abell, an accomplished healthcare consultant and practitioner, has released a powerful book of wisdom on Amazon and Kindle. Entitled, "[Joy is . . . 365 Keys to Longevity](#)," the book is a synthesis of profound teachings from religion, philosophy, psychology and spirituality regarding the pathway to creating joy in a person's life, which modern research has shown to be the key to longevity. There are 365 succinct transformational concepts on which readers can contemplate or meditate each day.

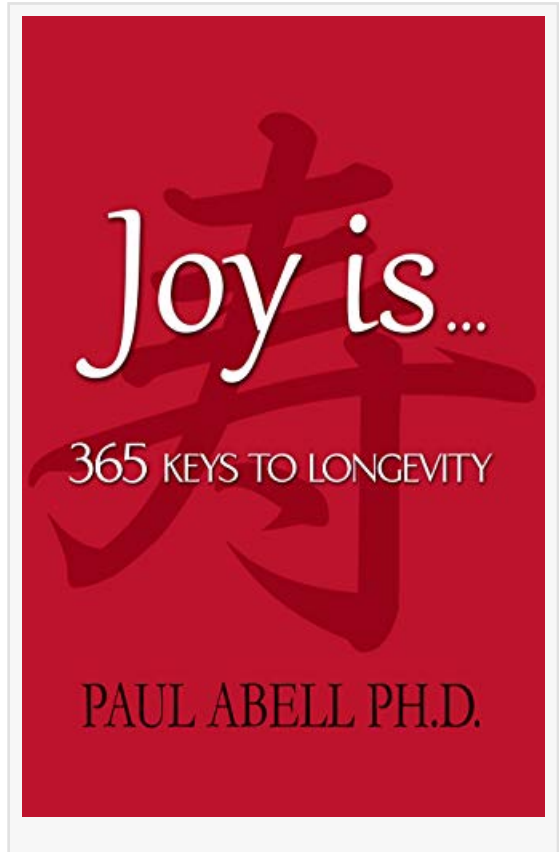
"The book was born out of the love for my child," explains Abell, "After a lifetime career in the field of alternative healthcare and longevity, I found myself facing a unique challenge when I chose to become a father at age 65."

Abell explains that he needed to enhance the possibilities of living long enough to raise his child to manhood. His intense search for the ultimate keys to longevity revealed that "Joy" is the fundamental dynamic common to most centenarians. In sharing the profound principles which foster a joyous life, he simultaneously leaves a blue print for his son to live a spiritually ethical life in his new book. This timely collection of transformational principles has been described as the "Tao Te Ching of Longevity."

"Dr. Abell has done an excellent job in taking his life experience, research and the knowledge from the great teachers and distilling it down to the key to a long life," states Steve G., a reader on Amazon, "Joy, and how to understand what joy is, along with daily messages of what that is to be used for is my daily inspiration!"

For example, one passage in the book states that: "Joy is having unwavering trust in a loved one; for without trust, love cannot be more than a fiery passion unable to survive precarious uncertainty." Another section describes how: "Joy is having learned that to worry excessively every day is a surefire method of reducing the number of days a person will have left in which they can still worry."

Dr. Paul Abell has been a healthcare consultant and practitioner for more than 45 years. He has blended the use of Voice Dialogue Psychology of Selves consciousness work with Asian medicine into his own unique system of attaining wellness and longevity. Now semi-retired and living in



Lake Arrowhead California with his wife and young child, he continues to explore the realms of psychology, philosophy and spirituality.

"I think this book offers a fantastic way to start your day," states KMA, another reader on Amazon, "with 365 simple yet profound concepts to meditate on, one for each day of the year, one cannot help but feel uplifted and joyful afterwards. Paul Abell has created a simple method to add joy and years to our lives by helping us to focus on the things that really matter."

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