

# Martin Proctor's "Peace, Health, Happiness" is an Inspiring Book Written for Those Who Want Good Health and Happiness

*"Peace, Health, Happiness" by author Martin Proctor is a gripping account that reminds readers that they have the power over all of their life's experiences.*

PALATINE, IL, UNITED STATES, August 31, 2022 /EINPresswire.com/ -- "[Peace, Health, Happiness](#)": a compelling book that is aimed at restoring physical and mental imbalances via a holistic approach that covers all elements of health which enables one's natural happiness to be, providing quality guidance to anyone who is desiring to recover their natural birthright of health and harmony.

This book gently reminds every person whether they are aware of it or not, are really seeking love, peace, and happiness in some way or other and yet these facets already belong to everyone's true identity, their real soul nature; all they have to do is look inwards to find that these qualities were there all along, just hidden by layers of guilt, fear, and false identifications.

"Peace, Health, Happiness" is the creation of published author [Martin William Proctor](#), a man who believes that he is a student of life and his interests include health and fitness, transpersonal psychology, healing, nature, quantum and metaphysics.

Martin writes, "My book slowly evolved over a number of years beginning with the search for better health and a relief from distressing symptoms resulting from a breakdown in my early thirties. As the years passed I accumulated much knowledge from various esoteric practices and discovered useful and powerful techniques for improving my health both physically and just as



&nbsp; &nbsp; &nbsp; &nbsp; &nbsp; &nbsp; <b>Peace, Health, Happiness



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