



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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