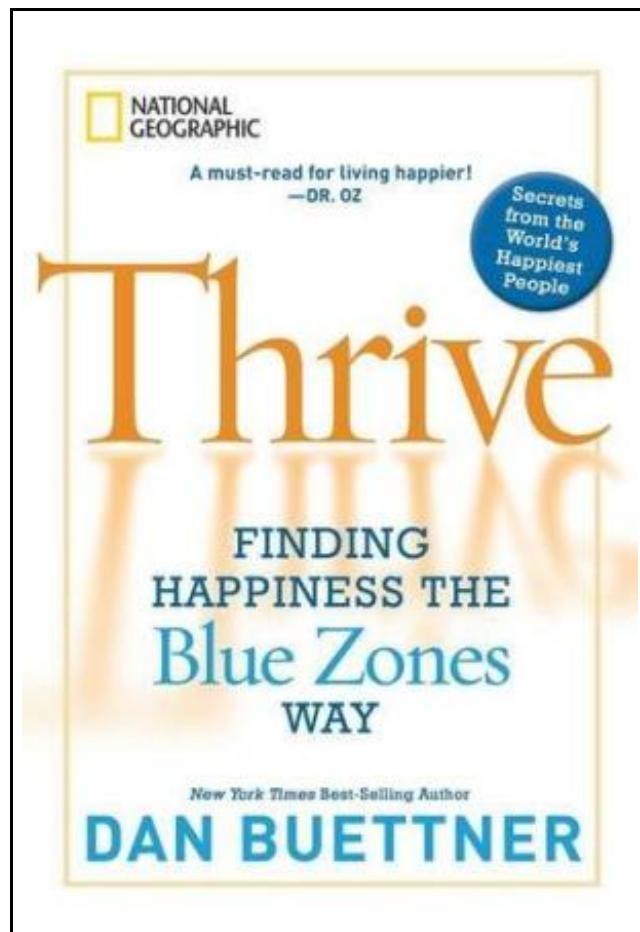


Thrive: Finding Happiness the Blue Zones Way



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THRIVE: FINDING HAPPINESS THE BLUE ZONES WAY

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National Geographic. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.9in. x 5.9in. x 0.9in.What makes us happy Its not wealth, youth, beauty, or intelligence, says Dan Buettner. In fact, most of us have the keys within our grasp. Circling the globe to study the worlds happiest populations, Buettner has spotted several common principles that can unlock the doors to true contentment with our lives. Working with leading researchers, Buettner identifies the happiest region on each of four continents. He explores why these populations say they are happier than anyone else, and what they can teach the rest of us about finding contentment. His conclusions debunk some commonly believed myths: Are people who have children happier than those who dont Not necessarilyin Western societies, parenthood actually makes the happiness level drop. Is gender equality a factor Are the worlds happiest places to be found on tropical islands with beautiful beaches You may be surprised at what Buettners research indicates. Unraveling the story of each hotspot like a good mystery, Buettner reveals how he discovered each location and then travels to meet folks who embody each particular brand of happiness. He introduces content, thriving people in Denmark, in Singapore, in northeastern Mexico, and in a composite happiest place in America. In addition, he interviews economists, psychologists, sociologists, politicians, writers, and other experts to get at what contributes to each regions happiness. Buettners findings result in a credible, cross-cultural formula and a practical plan to help us stack the deck for happiness and get more satisfaction out of life. According to Buettners advisory team, the average person can control about forty percent of his or her individual happiness by optimizing life choices. These arent unreasonable demands on a persons lifestyle, and they often require only slight changes. They fall into three categories...

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