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Thrive: Finding Happiness the Blue Zones Way

By Dan Buettner

National Geographic. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 8.9in. x 5.9in. x 0.9in. What makes us happy? It's 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 world's 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 don't? Not necessarily. In Western societies, parenthood actually makes the happiness level drop. Is gender equality a factor? Are the world's happiest places to be found on tropical islands with beautiful beaches? You may be surprised at what Buettner's 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...



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