



Choose the Life You Want: The Mindful Way to Happiness

By Tal Ben-Shahar

Experiment LLC, The. Paperback / softback. Book Condition: new. BRAND NEW, Choose the Life You Want: The Mindful Way to Happiness, Tal Ben-Shahar, What kind of life do you want for yourself? What choices will create this kind of life? In his "New York Times" bestseller "Happier," positive psychology expert Tal Ben-Shahar taught us how to become happier through simple exercises. Now, in "Choose the Life You Want," he has a new, life-changing lesson to share: Drawing on the latest psychological research, Ben-Shahar shows how making the right choices not the big, once-in-a-lifetime choices, but the countless small choices we make every day almost without noticing has a direct, long-lasting impact on our happiness. Every single moment is an opportunity to make a conscious choice for a happy and fulfilled life. "Choose the Life You Want" covers 101 such choices, complete with real-life stories, to help you identify and act on opportunities large and small."



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