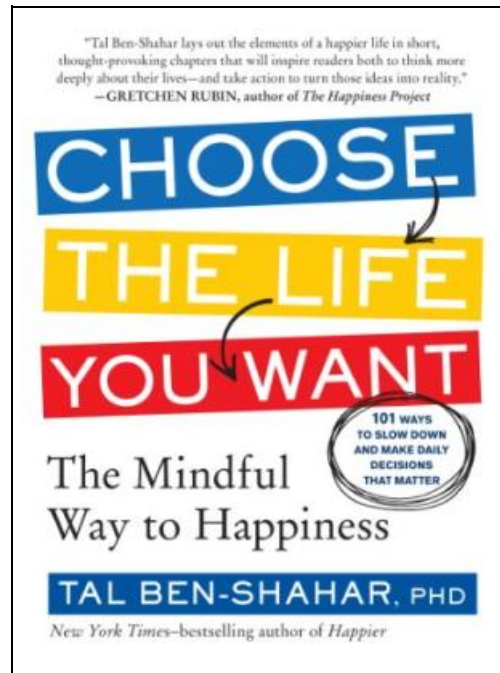


Choose the Life You Want: The Mindful Way to Happiness



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Reviews

This written book is great. I am quite late in start reading this one, but better then never. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me).
(Abe Reichel DDS)

CHOOSE THE LIFE YOU WANT: THE MINDFUL WAY TO HAPPINESS



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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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