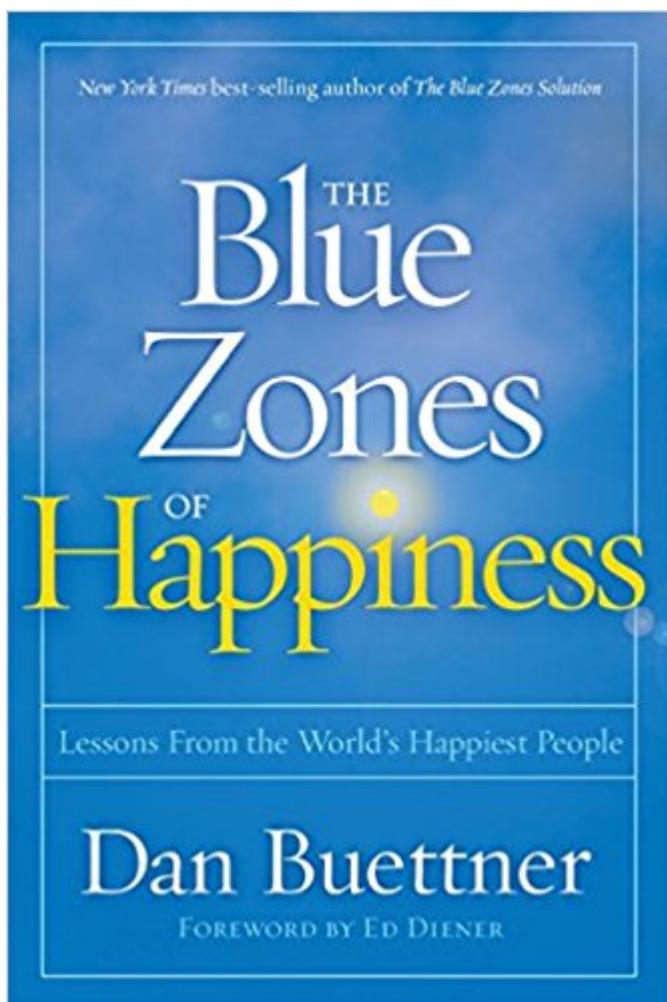


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The Blue Zones Of Happiness: Lessons From The World's Happiest People



Synopsis

New York Times' best-selling author Dan Buettner reveals the surprising secrets of what makes the world's happiest places—and shows you how to apply these lessons to your own life. In this inspiring guide, you'll find game-changing tools drawn from global research and expert insights for achieving maximum fulfillment. Along the way, you'll: Discover the three strands of happiness—pleasure, purpose, and pride—that feature prominently in the world's happiest places. Take the specially designed Blue Zones Happiness Test to pinpoint areas in your life where you could cultivate greater joy, deeper meaning, and increased satisfaction. Meet the world's Happiness All-Stars: inspiring individuals from Denmark to the United States who reveal dynamic, practical ways to improve day-to-day living. Discover specific, science-based strategies for setting up a "life radius" of community, work, home, and self to create healthier, happiness-boosting habits for the long-term.

Book Information

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Customer Reviews

"Filled with realistic, constructive information, this book is a useful manual for individuals and communities to take the initiative toward happier, healthier lives." -Publishers Weekly

DAN BUETTNER is the founder of Blue Zones, an organization that helps Americans live longer, healthier lives. His groundbreaking work on longevity led to his 2005 National Geographic cover story "Secrets of Living Longer" and two national bestsellers, *The Blue Zones* and *Thrive*. He lives

in Minneapolis, MN. Visit him on Facebook and Twitter, and at his website bluezones.com.

I read The Blue Zones, Second Edition: 9 Lessons for Living Longer From the People Who've Lived the Longest and think I gave that book 5 stars. This one covers quite a bit of the same material. If you are going to live a long healthy life, there's a good chance it will be a happy one. The author does a good job providing examples of people and how their life-styles lead to happiness. I'm not so sure about his little quiz and the lessons he draws. Frankly, I wouldn't take as many points off for not spending so much time each day with children if you don't have any or if you're 70 years old. His recommendations are mostly good but common sense, like prioritizing friends and family, getting involved in social activities, etc. Nice set of profiles and expert opinions at the end. In the end, I suppose it provides a lot of good reference points and things to consider.

While I was channel surfing, I saw Dan Buettner on Dr. Oz. I was so impressed I bought one of his books, The Blue Zone Solution, which I liked also. When this book by Buettner came up, I grabbed it. I'm glad I did. I think this can be a continuing book from the B.Z. Solution, although you do not need it to read this one. This B.Z. Of Happiness does not have the recipes in it etc. To be happy, it's not about a magic pill, it doesn't matter if you live in a huge home, or a small home, or the car you drive. Enjoy your family, your friends, sharing, caring, volunteering, does make us happy, it gives us purpose also. When we laugh we can enjoy. Buettner talks about the 3 P's. In our life. Pleasure, Pride, and Purpose. Talks where the blue zones are, and what was created in places even in the USA that changed people's lives. This is an easy read, and it made me happy, and gave me great ideas for more happiness in my life. Life can be long and happy, or unhappy. Buettner gives us life skills for being happy, and eating right to make us healthy. He sums it all up. I do recommend this book. It will put a smile on your face, and heart. 5 stars

I like this book and have recommended it to others. Good walk the talk kind of stuff. I haven't finished it. I can't give 5 stars to a book I don't seem to get myself to finish reading. There is absolutely nothing wrong with it, but for some reason it isn't pulling me through to the end.

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