



Choose the Life You Want: The Mindful Way to Happiness

Tal Ben-Shahar PhD

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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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Carolyn Walton:

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