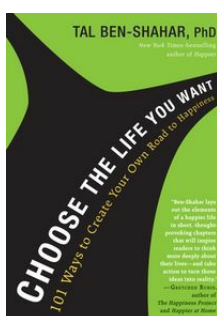


CHOOSE THE LIFE YOU WANT: THE WAY TO LASTING HAPPINESS MOMENT BY MOMENT

Sometimes the hardest part of decision-making is being aware that there's a decision to be made in the first place. "Choose the Life You Want" shows us how we can view our lives as a series of choices. Tal Ben-Shahar advocates a proactive approach to well-being in which every moment offers...



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We say we want the truth; what we mean is that we want to be correct. Mihnea Moldoveanu Tal Ben-Shahar, Choose the Life You Want: The Mindful Way to Happiness //

Ones philosophy is not best expressed in words; it is expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And, the choices we make are ultimately our own responsibility. Eleanor Roosevelt Tal Ben-Shahar, Choose the Life You Want: The Mindful Way to Happiness //

Reader's Opinions

Tal Ben-Shahar supplies the reader with a lot of food for thought in this small compendium of 101 choices to consider making in your life. These are the small choices we make every day that can lead to frustration or contentment. After a brief discussion of the choice to be made, the author presents an anecdote or story to bring the...