

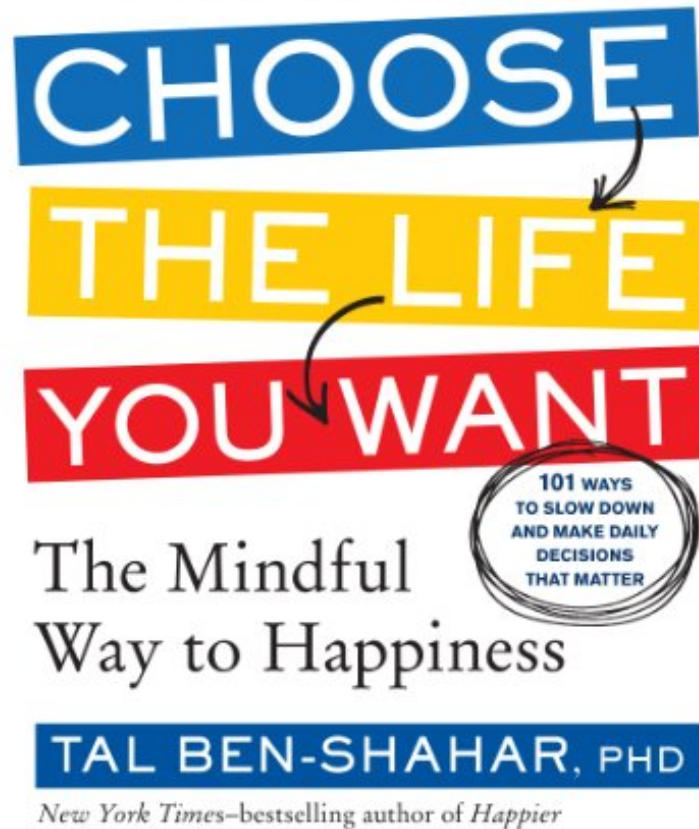
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Choose the Life You Want: The Mindful Way to Happiness

Tal Ben-Shahar

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"Tal Ben-Shahar lays out the elements of a happier life in short, thought-provoking chapters that will inspire readers both to think more deeply about their lives—and take action to turn those ideas into reality."
—GRETCHEN RUBIN, author of *The Happiness Project*



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45 of 45 people found the following review helpful. A distillation of psych 1504 By Kenneth M. Lury I have watched the entire lecture series from psych 1504 on you tube. This short, easily read book distills the wisdom of those lectures into a great source of strength and happiness that can be referred to as often as one likes and whenever needed to bring about a positive attitude adjustment. permission to be human, learn to fail, and throw the knapsack over the wall are some of my favorites along with the upward spiral of appreciation and gratitude. Tal, I hope you put together the online masters degree in positive psychology. I have already read many of the books you referenced in class and welcome the opportunity to learn more. I am almost sixty years old, but can still learn new tricks. 4 of 4 people found the following

review helpful. Based on his other books, I expected more...By jmkHis previous books are really life-changing. This one is nothing special. A superficial compilation of a lot of old self-help concepts, with only a couple of paragraphs about each one...74 of 74 people found the following review helpful. The ultimate "encyclopedia" of self help. By Ghassan QutobI have to admit that I'm a fan of Tal Ben Shahar. His first two books plus his Positive Psychology training course have positively influenced my life. He even influenced my MBA research orientation when I chose the "Sense of Coherence" , a coping model that Tal advocates, as the core of my MBA Leadership research thesis , which made it initially controversial to my school (dealing with psychology rather than pure business) . Yet it was a great academic experience with a lot of contribution to my resilience. When this book came out and I passed through its table of content, I didn't expect much more than a "me too" version of his compilation book "Even Happier". To my surprise, this book turns out to be the best most practical work for Tal! Not only that the format of the book is easily accessed through the "lessons" presentation style that can be chosen by the reader according to situational needs, but also the book is written in a style that combines scientific perspectives with inspirational stories creative metaphors in a literary style. On the other hand, I find at least 30% of the psychological interventions advised in the book as novel never presented before by Tal: Lessons like Loving-kindness meditation, deceptive brain messages, listening to silence and many more, were indeed A-ha moments to me. The greatest lesson I learned was this: It seems that over- analysis of oneself through dealing with self help books can be a source of misery rather than happiness, real happiness comes from focusing outward rather than inward. That was a real sound advice to me , as a self-help addict reader. By the end of the book, I realized that Tal has covered almost everything in the realm of the empirically tested self help P.P techniques. That's why now I choose to call this book the "encyclopedia" of self help. The only downside of this book is that it has too much of "good things" that can be sometimes overwhelming. To benefit from the book, I had to go picky choose what sounds more influential to my life. But yes, Tal has done it again.

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.