

Pursuing The Good Life

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a new york times bestseller what makes for a happy life a fulfilling life a good life in their captivating the wall street journal book the directors of the harvard study of adult development the longest scientific study of happiness ever conducted show that the answer to these questions may be closer than you realize what makes a life fulfilling and meaningful the simple but surprising answer is relationships the stronger our relationships the more likely we are to live happy satisfying and healthier lives in fact the harvard study of adult development reveals that the strength of our connections with others can predict the health of both our bodies and our brains as we go through life the invaluable insights in this book emerge from the revealing personal stories of hundreds of participants in the harvard study as they were followed year after year for their entire adult lives and this wisdom was bolstered by research findings from many other studies relationships in all their forms friendships romantic partnerships families coworkers tennis partners book club members bible study groups all contribute to a happier healthier life and as the good life shows us it s never too late to strengthen the relationships you already have and never too late to build new ones the good life provides examples of how to do this dr waldinger s ted talk about the harvard study

what makes a good life has been viewed more than 42 million times and is one of the ten most watched ted talks ever the good life has been praised by bestselling authors jay shetty an empowering quest towards our greatest need meaningful human connection angela duckworth in a crowded field of life advice schulz and waldinger stand apart and happiness expert laurie santos waldinger and schulz are world experts on the counterintuitive things that make life meaningful with insightful and interesting daniel gilbert new york times bestselling author of stumbling on happiness life stories the good life shows us how we can make our lives happier and more meaningful through our connections to others

in this revolutionary self help guide two beloved native american wellness activists offer wisdom for achieving spiritual physical and emotional wellbeing rooted in indigenous ancestral knowledge when wellness teachers and husband wife duo chelsey luger and thosh collins founded their indigenous wellness initiative well for culture they extended an invitation to all to honor their whole self through native wellness philosophies and practices in reclaiming this ancient wisdom for health and wellbeing drawing from traditions spanning multiple tribes they developed the seven circles a holistic model for modern living rooted in timeless teachings from their ancestors luger and collins have introduced this universally adaptable template for living well to ivy league universities and corporations like nike adidas and google and now make it available to everyone in this wise guide the seven circles model comprises interconnected circles that keep all aspects of our lives in balance functioning in harmony with one another they are food movement sleep ceremony sacred space land community in the seven circles luger and collins share intimate stories from their life journeys growing up in tribal communities from the indigenous tradition of staying active and spiritually centered through running and dance to the universal indigenous emphasis on a light filled minimalist home to create sacred space along the way luger and collins invite readers to both adapt these teachings to their lives as well as do so without appropriating and erasing the original context representing a critical new ethos for the wellness space each chapter closes with practical advice on how to engage with the teachings as well as wisdom for keeping that particular circle in harmony with the others with warmth and generosity and 75 atmospheric photographs by collins throughout the seven circles teaches us how to connect with nature with our community and with ourselves and to integrate ancient indigenous philosophies of health and wellbeing into our own lives to find healing and balance

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