



Choose the Life You Want: The Mindful Way to Happiness

By 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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Editorial Review

Review

“With his customary insight, 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 to take action to turn those ideas into reality.”

—**Gretchen Rubin**, author of *The Happiness Project*

“Tal Ben-Shahar has done it again! This book will not only change the way you think about your life, but how you choose to live it.”

—**Marci Shimoff**, *New York Times* bestselling author of *Happy for No Reason*

“Dr. Ben-Shahar provides eloquent and clear strategies for living in the potency of daily awareness and choice. He takes the most common tests and traps we face as human beings and enables us to look clearly at options to make us more alive, more mindful and happy. He challenges us to find our freedom to make the choice for the life we want.”

—**David Surrenda, PhD**, CEO, Kripalu Center for Yoga & Health and author of *Retooling on the Run*

“By offering 101 powerful yet actionable ways to live a more meaning-full life, Tal has done most of the heavy lifting for us. In the end, he leaves us with perhaps the simplest choice of all: Read this book!”

—**Scott A. Snook, MBA**, Senior Lecturer of Business Administration, Harvard Business School

About the Author

Tal Ben-Shahar, PhD, *New York Times*-bestselling author of *Happier*, taught the largest course at Harvard on “Positive Psychology” and the third largest on “The Psychology of Leadership,” attracting 1,400 students per semester—approximately 20 percent of all Harvard graduates. Ben-Shahar graduated from Harvard with a degree in philosophy and psychology, and for the last fifteen years has been teaching leadership, education, ethics, happiness, self-esteem, resilience, goal setting, and mindfulness. He is the author of the international best sellers *Happier* and *Being Happy*, which have been translated into 25 languages. An avid sportsman, Tal won the U.S. Intercollegiate and Israeli National squash championships.

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Louise Best:

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