

# **Choose The Life You Want**

TAL BEN-SHAHAR

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## **Choose The Life You Want**

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In this engaging and enlightening book, Tal Ben-Shahar reveals 101 choices which can have a profound, cumulative, and lasting impact on an individuals happiness. He draws on the most up-to-date and fascinating research in the social sciences and real-life stories to show how small decisions can add up to a happier life. Focus on your weakness or work on your strengths, Treat the work you do as a job or experience your work as a calling, LIve in the past or future or be present.



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