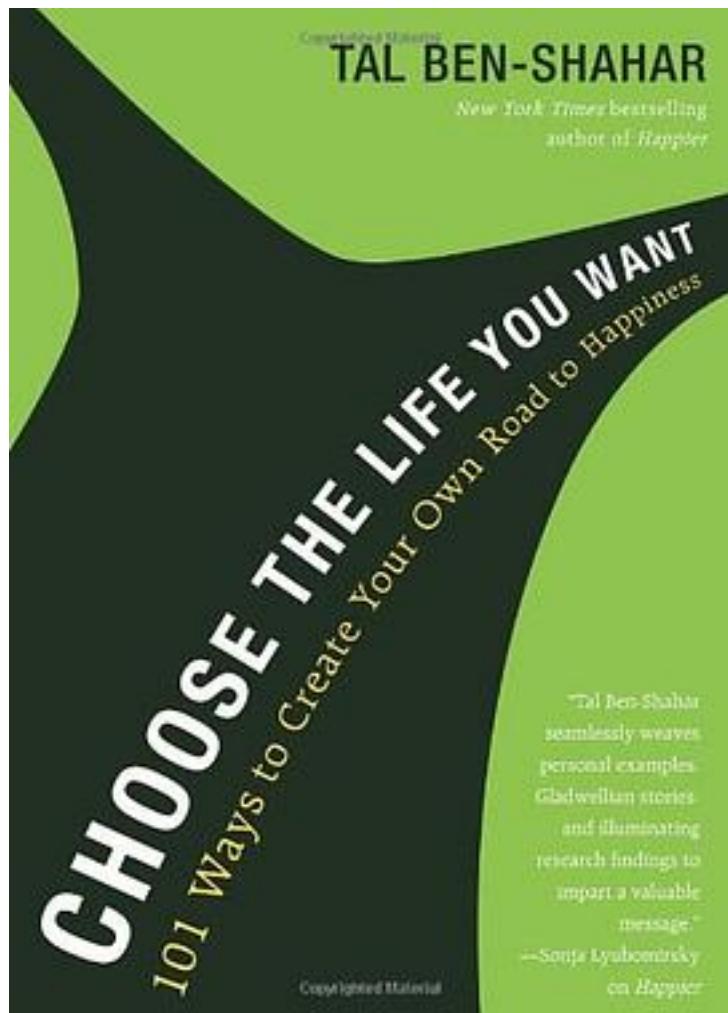


Choose the Life You Want



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著者:Tal Ben-Shahar PhD

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As Ben-Shahar himself writes, the dramas of life's 'big decisions' (which, almost by

definition, are few and far between) should not hide the fact that in life we face choices all the time. Every moment of our waking lives we face choices whose cumulative effect on us is just as great, if not greater, than the effect of the big decisions. I can choose whether to sit up straight or stooped; whether to say a warm word to my partner or give her a sour look; whether to appreciate my health, my friend, and my lunch, or to take these for granted; whether to choose to choose or to remain oblivious to the choices that are there for the making. Individually, these choices may not seem important, but together they are the very bricks that make up the road we create for ourselves.

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