

# Curious?

*If there is a heaven, do people have sex? How can I make my life more exciting? When is killing justified? How much "free will" do I have? What will people say at my funeral? How would my life be different if I was more willing to explore instead of avoid challenges? Are there more sides of me I have yet to know? How can I overcome my fears? Why am I so easily bored? Why do I always end up in such awful relationships? How can I become more productive and creative at work? Why is a leaf*

## **CURIOUS?**

*Discover the Missing Ingredient to a Fulfilling Life*

**TODD KASHDAN, PH.D.**

*more vibrant in color when it's dying? Why do I do so many things I don't like and like so many things I don't do? Why do I find it so hard to open up to others? Why am I so worried about what other people think of me? Is time travel possible? Is there such a thing as "love at first sight"? Why do bad things happen to good people? Why do we fear death? How can I reignite passion in my marriage? How can uncertainty be both terrifying and fun? Am I happy? What can I do right now to change? How long does it take to make a real, lasting change*

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