

The Five Secrets You Must Discover Before You Die

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the five secrets you must discover before you die

JOHN IZZO Ph.D.

NARRATED BY THE AUTHOR 4 CDs UNABRIDGED

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著者: Izzo, John

出版者:

出版时间:

装帧:

isbn:9781602833432

For this remarkable book and the upcoming companion TV program to be aired on PBS, Dr. John Izzo and his colleagues surveyed more than 200 people ages 60 to 106 identified by others as having lived happy lives and as having found purpose and contentment. Here he presents their valuable advice on what really matters in life, and how to put this cumulative wisdom into practice. The interviewees, ranging from aboriginal elders to town barbers, from Holocaust survivors to former CEOs, reflect

back on their lives to identify the sources of happiness and meaning as well as lessons learned, regrets, and major crossroads. Based on these interviews, and Dr. Izzo's twenty years' experience helping people find more spirit and purpose, the book explores the secrets to finding contentment and happiness.

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目录:

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