

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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Dead cats. That's the image many people conjure up when you mention curiosity. An image perpetuated by a dusty old proverb that has long represented the extent of our understanding of the term. This book might not put the proverb to rest, but it will flip it upside down: far from killing anything, curiosity breathes new life into almost everything it touches. "In Curious?" Dr. Todd Kashdan offers a profound new message missing from so many books on happiness: the greatest opportunities for joy, purpose, and personal growth don't, in fact, happen when we're searching for happiness. They happen when we are mindful, when we explore what's novel, and when we live in the moment and embrace uncertainty. Positive events last longer and we can extract more pleasure and meaning from them when we are open to new experiences and relish the unknown. Dr. Kashdan uses science, story, and practical exercises to show you how to become what he calls a curious explorer--a person who's comfortable with risk and challenge and who functions optimally in an unstable, unpredictable world. Here's a blueprint for building lasting, meaningful relationships, improving health, increasing creativity, and boosting productivity. Aren't you curious to know more?

作者介绍:

托德·卡什丹（积极心理学核心人物，好奇心研究第一人）

乔治梅森大学心理学教授，社交焦虑与性格优势实验室主任，率先将“福祉”概念纳入大学课程的教师之一。2010年，获杰出教授称号；2013年，获美国心理学会杰出科学奖，成为积极心理学领域的核心人物。

被《心理月刊》杂志评为“58位改变我们生活的人”。他的研究成果被刊登在《纽约时报》、《华尔街日报》、《华盛顿邮报》、《奥普拉杂志》等主流媒体上。英国广播公司（BBC）、美国有线电视新闻网（CNN）和哥伦比亚广播公司（CBS）等媒体都对他进行过专题报道。

在教学和研究之外，还为企业和组织做培训，通过科学方法提升员工的创造力和参与力。通用磨坊、GAP、荷美尔、天联广告公司和美国空军都是他的理论和方法的实践者。

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标签

Psychology

评论

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书评

1不确定因素让快乐更加持久，了解未知事物的过程带给我们的积极体验会更加强烈，更加持久。 2神秘感有助于积极的情感。
3快乐人生意义的两大重要源泉：新奇性和不确定性。
当我没充满好奇心时候，我们会乐于通过探索来扩展自我，当我们寻找确定性时，就是在寻找最终定局 4唯一...

文章来自公众号：任游子
爱因斯坦说：“谁要是不再有好奇心也不再有惊讶的感觉，谁就无异于行尸走肉，其眼睛是迷糊不清的。”
爱因斯坦通过这句极具形象的话语凸显了好奇心在人生旅途中有多多么重要。
在历史上，很多对人类做出卓越贡献的人都有关于好奇心的小故事。 牛顿对...

书中尾声说道：
快乐是人生顺利的标志，但它并没涉及人生的本质。快乐只是一个极不稳定的基石，当我们面临众多选择时，意义却能提供方向，指引我们将要走向何方以及将要从事什么工作。该如何选择朋友？如何选择恋人？如何选择职业？如何才能变成自己想成为的那个人？ 看看作...

“创造幸福人生最重要的因素是什么？答案就是好奇心。” 美国心理学家托德·卡什丹在《好奇心
与你一起探索充满创造力与意义感的人生》一书中如是说。毫无疑问，工作是幸福人生不可或缺的一部分，同时也是人生意义与价值的重要源泉之一。
当我们以习以为常、按部就班的心态来面...

年轻不是永远25岁，而是抱着好奇心，看世界，永远第一次。 1.

给人希望的，是一切有活力的事物。 2.

年轻时候，不在疲惫地挥洒青春，看阳光不是阳光，听鸟叫不是鸟叫，只是拂过你眼眸的一丝光亮，只是掠过你耳机的一声嘈杂。

你说一切都还早，有更多时尚的物件，值得你一...

虽然是专门研究心理学的专家的著作，但整体风格并不是专业名词堆砌，还是很通俗易懂的一本书，对好奇心的分析还是简单轻快的。当然，可能是美国人的写作风格，看起来似乎不像中国心理学书籍那样语言逻辑性很强，条理很清晰，有些内容似乎重复阐述。不过，当做普通科普读物还是...

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