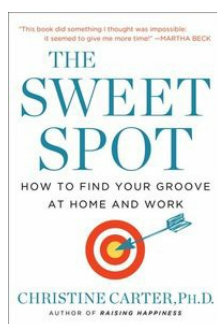


THE SWEET SPOT: HOW TO FIND YOUR GROOVE AT HOME AND WORK

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what truly makes us happy is letting go of our fantasies about the future and instead engaging in the journey, in the process, and in the present moment. Christine Carter, The Sweet Spot: How to Find Your Groove at Home and Work //

Reader's Opinions

Good, practical tips on how to create new habits and practices to make your life happier. I found a lot of the information to be intuitive/obvious, and some of the work advice to be impractical for anyone who wasn't their own boss. But, overall, good reminders about how to live a happier life at home and at work.

If you haven't read any books about happiness science, then this one might be OK because it reads like a series of book reports/infomercials on other books. At least the author gives credit to many other self-help authors, who then give her blurbs for her book jacket. I don't think her...