



## How to Be Alive: A Guide to the Kind of Happiness That Helps the World (Paperback)

By Colin Beavan

HarperCollins Publishers Inc, United States, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. This is the book where self-help turns into helping the world-and then turns back into helping yourself find a better life. Fascinating and timely! -Bill McKibben, author of Eearth: Making a Life on a Tough New Planet What does it take to achieve a successful and satisfying life? Not long ago, the answer seemed as simple as following a straightforward path: college, career, house, marriage, kids, and a secure retirement. Not anymore. Staggering student loan debt, sweeping job shortages, a chronically ailing economy-plus the larger issues of global unrest, poverty, and our imperiled environment-make the search for fulfillment more challenging. And, as Colin Beavan, activist and author of No Impact Man, proclaims, more exciting. In this breakthrough book, Beavan extends a hand to those seeking more meaning and joy in life even as they engage in addressing our various world crises. How to Be Alive nudges the unfulfilled toward creating their own version of the Good Life-a life where feeling good and doing good intersect. He urges readers to reexamine the standard life approaches to pretty much everything and to experiment with life choices...



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