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Dan Buettner is an internationally recognized researcher, explorer, and author. He founded Blue Zones™, a project of Quest Network, Inc., to research and publicize the world's best practices in health, longevity, and happiness.

### Thrive: Finding Happiness the Blue Zones Way - Dan ...

Ultimately, then, perhaps happiness is not so complex after all. Perhaps with effort, assistance, and just a bit of research data, we can channel our efforts more effectively and realize our legacy. "Thrive: Finding Happiness the Blue Zones Way" is available for \$10.17 at Amazon.com. What makes YOU happy? Do you know?

### Book Review: "Thrive: Finding Happiness the Blue Zones Way ...

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November 28, 2010 • In his new book, Thrive: Finding Happiness the Blue Zones Way, the explorer and author discovers the secrets to a happy life, one country at a time. Hint: Work less, make ...

### Thrive : NPR

Excerpt from Thrive: Finding Happiness the Blue Zones Way. By Dan Buettner. The Truth About Happiness Before we dig deeper into the nature of happiness, I'd like you to take a short quiz. I'm going to introduce you to three people I met during my travels, and I want you to tell me which one you think is happiest.

### Excerpt from <i>Thrive: Finding Happiness the Blue Zones ...

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In Blue Zones it was life itself, and in the fascinating, brave new volume Thrive it is happiness in our lives. There are many counter-intuitive, and perhaps hard to hear lessons on what makes places happy. Often happiness collides with our idealistic views of ourselves, ...

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"For his 2008 best-seller, The Blue Zones , Dan Buettner searched the world for the truth about longevity. In his new book, Thrive, out Oct. 19, he tackles the topic of happiness. What are the happiest spots on Earth—and what secrets can we glean from them?" –Parade. From the Publisher

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