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fascinating, enlightening volume, renowned psychology professor Todd Kashdan reveals how cultivating curiosity is the road to happy, healthy, and meaningful living and the true key to falling in love with life.

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Excerpt From 'Curious? Discover the Missing Ingredient to a Fulfilling Life'
When asked about his uniqueness, Albert Einstein didn't blabber about his intelligence, work ethic, happiness, or relationships—he talked about his curiosity.

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Curious? Quotes by Todd Kashdan -
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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

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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.

Curious? : discover the missing
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Discover the Missing Ingredient to a

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Fulfilling Life, has made his career on being curious and affectionately calls curiosity “an engine of growth.” He believes that in order to find purpose and meaning in life, one must be curious, engage in experimentation, and utilize all that can be gained from life’s many trials and errors.

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National Public Radio (NPR) - locally
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renowned psychology professor Todd Kashdan reveals how cultivating curiosity is the road to happy, healthy, and meaningful living and the true key to falling in love with life.

What is Curiosity? - GoStrengths!
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Fulfilling Life “Rather than be encouraged to learn about ourselves and our interests, we are more often taught how to make decisions about what to do with our lives as early as possible so we won't waste time achieving our goals. Pick an academic major, choose a career, and start a family.

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Curious? - Todd Kashdan

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It is not difficult to find books claiming to teach how to live a happy life. What is a great deal more difficult, however, is finding one as original and compelling as Todd B. Kashdan's Curious?: Discover the Missing Ingredient to a Fulfilling Life. The book is both highly informative and accessible; two essential qualities to any popular science book, and a balance

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that is difficult to strike.

Curious?: Discover the Missing
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In Curious? psychologist Todd Kashdan explains that we certainly all want to be happy, but perhaps more than that, we yearn for a life of meaning. Living a life

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of meaning includes the whole spectrum of what it means to be human, the positive and the negative.

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Discover the Missing Ingredient to a
Fulfilling Life. Without question,

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happiness is important. Who doesn't want to be happy and wish the same for their loved ones? But this book is not limited to happiness. This is a book about living a life that matters with a broader view about what the "good life" entails.

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Today

So while I like the title "Curious" the "Discover the Missing Ingredient to a Fulfilling Life" almost made it so I didn't want to read the book. I don't believe in magic bullets. Anyway figured that if I came across this book in audio format, I'd listen. Not a high priority but an interesting concept.

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Excerpt From 'Curious? Discover the
Missing Ingredient to ...
xii, 336 pages ; 24 cm Far from killing
cats, curiosity breathes new life into
almost everything it touches. Here, Dr.
Todd Kashdan offers a profound new
message missing from so many books

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on happiness: the greatest opportunities for joy, purpose, and personal growth don't, in fact, happen when we're searching for happiness.

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