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This book hits on the missing ingredient in so many lives, which I also believe is the cornerstone of happiness. Curiosity, the search for the novel, leads to true passion and engagement in life. The author cogently made this point through research and anecdotal story.

~~Curious?: Discover the Missing Ingredient to a Fulfilling ---~~

Most significantly, the case that curiosity is 'the missing ingredient' is not proven, so the book just becomes one in trend of books looking for the single easy answer - gratitude, mindfulness, optimism, meaning, etc all of which are very useful but none of which stand alone as a panacea.

~~Curious?: Discover the Missing Ingredient to a Fulfilling ---~~

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Curious? Discover the Missing Ingredient to a Fulfilling Life Without question, happiness is important. Who doesn ' t want to be happy and wish the same for their loved ones?

~~Curious? - Todd Kashdan~~

Curious?: discover the missing ingredient to a fulfilling life. [Todd B Kashdan] -- 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 on happiness: the greatest ...

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Discover the missing ingredient to a fulfilling life with Curious? In this 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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