



Choosing a Good Life: Lessons from People Who Have Found Their Place in the World

Ali Berman

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Ever wonder why some people seem to be at peace despite the ups and downs daily life can bring, while others are restless even in seemingly ideal circumstances?

In *Choosing a Good Life*, Alyson Berman explores what it means to be at peace with ourselves, our choices, and the world around us in all its glorious chaos. She takes us into the lives of people who, despite their vastly different talents, challenges, and interests, have achieved a deep sense of balance in and satisfaction with their lives. Stories include those of Holocaust survivor Emery Jacoby, who rose above anger and bitterness to reaffirm the good in himself and others, along with Sungrai Sohn, a violin prodigy and gifted teacher who lives in the shadow of a potentially fatal illness and many other inspiring life stories. Berman then pinpoints their common approaches and qualities to reveal how they have found contentment-and how we can too.

With *Choosing a Good Life* you will have the tools and guidance to:

- identify what you truly value,
- make use of the pain and trials of life to make you stronger, and
- set priorities to find more time and energy for the things that bring you satisfaction.

Learn how to achieve something that eludes so many of us--the sense of purpose that comes with deep self-acceptance.

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Exactly why? Because this Choosing a Good Life: Lessons from People Who Have Found Their Place in the World is an unordinary book that the inside of the publication waiting for you to snap that but latter it will surprise you with the secret that inside. Reading this book beside it was fantastic author who write the book in such wonderful way makes the content interior easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of gains than the other book have such as help improving your talent and your critical thinking means. So , still want to postpone having that book? If I ended up you I will go to the book store hurriedly.

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Choosing a Good Life: Lessons from People Who Have Found Their Place in the World can be one of your beginning books that are good idea. Most of us recommend that straight away because this book has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to get every word into joy arrangement in writing Choosing a Good Life: Lessons from People Who Have Found Their Place in the World but doesn't forget the main level, giving the reader the hottest and based confirm resource details that maybe you can be considered one of it. This great information may drawn you into brand new stage of crucial contemplating.

Gerard Williams:

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