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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.

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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?

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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.

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Thrive (Paperback) Finding Happiness the Blue Zones Way. By Dan Buettner. National Geographic, 9781426208188, 304pp. Publication Date: October 18, 2011. Other Editions of This Title: Hardcover (10/19/2010) Compact Disc (10/19/2010) MP3 CD (10/19/2010)

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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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