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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?

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

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Thrive : NPR

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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, ...

Thrive: Finding Happiness the Blue Zones Way eBook ...

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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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