

100 Simple Secrets Of Great Relationships

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100 Simple Secrets of Great Relationship is more inspirational than a problem-solving book. Not too much "new information" in it. Although, there's always a thing or two to be learned from every book.

100 Simple Secrets of Great Relationships Review - What's ...

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The 100 Simple Secrets of Great Relationships - Burlington ...

This is an interview with David Niven, Ph. D who's the author of the book The 100 Simple Secrets of Happy People. Get the book here: AMAZON USA: http://amzn...

The 100 Simple Secrets of Happy People – David Niven, Ph ...

For instance if Coca Cola told everyone about its secret ingredient, it wouldn't be the world's no. 1 soft drink. But secrets become mysteries after a certain period of time and we can't help but ponder over them. So here we are bringing you the 10 world's biggest secrets of all time. 10. U.S. Nuclear Secrets

Practical advice on how to thrive in the second half of your life, based on scientific studies. The sixth book in the bestselling 100 Simple Secrets series. What do people who relish the second half of their lives do differently than those who dread getting older? Sociologists, therapists and psychiatrists have spent entire careers investigating the ins and outs of successful aging, yet their findings are inaccessible to ordinary people, hidden in obscure journals to be shared with other experts. Now the international bestselling author of The 100 Simple Secrets series has collected the most current and significant data from more than a thousand of the best scientific studies on the second half of life. These findings have been boiled down to one hundred essential ways to find and maintain joy, health, and satisfaction every day of your life. Each one is accompanied by a true story showing the results in action. The Baby Boomers are hitting retirement age. This upbeat, light approach will appeal to the enormous market of citizens grappling with the effects of becoming 'senior', looking to discover the positive benefits of aging beyond discount tickets at the movie theatre. Books about aging well continue to sell year in and year out. The Simple Secrets approach will stand out among the heavier self-help/psychology titles and will without a doubt become an affordable impulse and gifty mainstay in this category. A good inexpensive gift for parents and grandparents.

What are the essential qualities of a great relationship? What do people in healthy and happy relationships do differently? Scientists and academics have spent entire careers investigating the nature of relationships, dating, and marriage, yet their findings are inaccessible to ordinary people, hidden in obscure journals read only by other academics. Now the bestselling author of the 100 Simple Secrets series has collected the most current and significant data from more than a thousand studies on relationships and spells out the key findings in plain English. The advice is not based on one person's unique experiences or opinions, but offers for the first time the research of noted scientists studying the lives and loves of average Americans. Each of the findings is accompanied by a true story that shows the results in action. Love is hard to calculate: Researchers have proven that a partner's age, income, education, and religion are unrelated factors in the likelihood of relationship satisfaction. Always trying to win can lead to a major loss: People who feel a sense of competition with their partner are 37 percent less likely to feel that their relationship is satisfying. Leave the past in the past: More than 40 percent of people report that jealousy over a previous relationship is a source of conflict in their current relationship.

What are the keys to success? Scientists have studied the traits, beliefs, and practices of successful people in all walks of life. But the answers they find wind up in stuffy academic journals aimed at other scientists. The 100 Simple Secrets of Successful People takes the best and most important research results from over a thousand studies and spells out the key findings in ways we can all understand. Each entry contains advice based on those findings, a real life example of what to do or not to do, and a telling statistic based on scientific research.

Scientists and academics have spent entire careers investigating what makes people happy. But hidden in obscure scholarly journals and reports, their research is all too often inaccessible to ordinary people. Now the bestselling author of the 100 Simple Secrets series distills the scientific findings of over a thousand of the most important studies on happiness into easy-to-digest nuggets of advice. Each of the hundred practices is illustrated with a clear example and illuminated by a straightforward explanation of the science behind it to show you how to transform a ho-hum existence into a full and happy life. Believe in yourself: Across all ages, and all groups, a solid belief in one's own abilities increases life satisfaction by about 40 percent, and makes us happier both in our home lives and in our work lives. Turn off your TV: Watching too much TV can triple our hunger for more possessions, while reducing our personal contentment by about 5 percent for every hour a day we watch.

Why do people who have dogs live happier, longer, and more fulfilling lives? Sociologists and veterinarians have spent years investigating the positive effects that dogs have on people's health and happiness yet their findings are inaccessible to ordinary people, hidden in obscure journals to be shared with other experts. Now the international bestselling author of the 100 Simple Secrets series has collected the most current and significant data from more than a thousand of the best scientific studies on the profound relationship between humans and our canine companions. These findings have been boiled down to the one hundred essential ways dogs positively impact our lives. Each fact is accompanied by a inspiring true story. If you love your dog, and science tells us that you do, this book will inspire and entertain. Communicate Better: It sounds odd to say a creature that communicates with barking and body language can have such a profound effect on human communication. But by providing a common point of reference and concern, dogs help us to feel a connection to other humans. That connection makes us feel more comfortable communicating with each other. When meeting a new person, the presence of a dog reduces the time before people feel comfortable while talking with each other by 45 percent. Live Longer: There is perhaps no better gift that dogs offer us humans than this simple fact. People who care for a dog live longer, healthier lives than those who do not. On average, people who cared for dogs during their lives lived 3 years longer than people who never had a dog. No Monkey Business: Primates are genetically more similar to humans than any other creature. But try to tell a chimpanzee something and you will be hard pressed to get your message across. Dogs are uniquely attuned to the messages we send. Dogs study humans and have evolved to build social skills that help them to function around us. Dogs are 52 percent more likely to follow human cues such as pointing toward a source of food than are primates. Around the Block: Good habits are often misunderstood as difficult or unpleasant chores. But there is tremendous value in the simple act of taking a walk. Walking not only burns calories, it also decreases stress. Having a dog means regularly talking walks – it's something you do for your dog but in truth your dog is doing for you. Dog owners walk 79 percent farther in an average week than non-dog owners.

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