

Kindle eBook Daily Deals

07/18/20

1. The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative (Science, \$2.99)

1. By Florence Williams
2. 4.5/5 stars with 216 reviews
3. From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature's positive effects on the brain. Delving into brand-new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever.

2. Ikigai: The Japanese Secret to a Long and Happy Life (Personal Development, \$1.99)

1. By Hector Garcia & Francesc Miralles
2. 4.5/5 stars with 2,071 reviews
3. According to the Japanese, everyone has an *ikigai*—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of *ikigai*—the place where passion, mission, vocation, and profession intersect—means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means *retire* in the sense it does in English): They remain active and work at

what they enjoy, because they've found a real purpose in life—the happiness of always being busy.