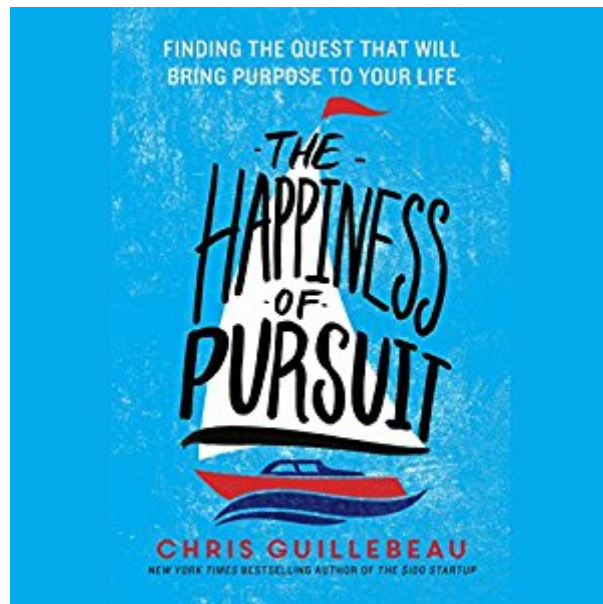


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The Happiness Of Pursuit: Finding The Quest That Will Bring Purpose To Your Life



Synopsis

A remarkable book that will both guide and inspire, *The Happiness of Pursuit* reveals how anyone can bring meaning into their life by undertaking a quest. When he set out to visit all of the planet's countries by age thirty-five, compulsive goal seeker Chris Guillebeau never imagined that his journey's biggest revelation would be how many people like himself exist - each pursuing a challenging quest. And, interestingly, these quests aren't just travel-oriented. On the contrary, they're as diverse as humanity itself. Some involve exploration; others the pursuit of athletic or artistic excellence; still others a battle against injustice or poverty or threats to the environment. Everywhere that Chris visited he found ordinary people working toward extraordinary goals, making daily down payments on their dream. These "questers" included a suburban mom pursuing a wildly ambitious culinary project, a DJ producing the world's largest symphony, a young widower completing the tasks his wife would never accomplish, and a teenager crossing an entire ocean alone - as well as a do-it-yourselfer tackling M.I.T.'s computer-science course, a nerd turning himself into real-life James Bond, and scores of others writing themselves into the record books. The more Chris spoke with these strivers, the more he began to appreciate the direct link between questing and long-term happiness -- how going after something in a methodical way enriches our lives -- and he was compelled to complete a comprehensive study of the phenomenon and extract the best advice. In *The Happiness of Pursuit* he draws on interviews with hundreds of questers, revealing their secret motivations, their selection criteria, the role played by friends and family, their tricks for solving logistics, and the importance of documentation.

Book Information

Audible Audio Edition

Listening Length: 7 hours and 27 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Random House Audio

Audible.com Release Date: September 9, 2014

Language: English

ASIN: B00NFV7MUW

Best Sellers Rank: #122 in Books > Audible Audiobooks > Nonfiction > Travel #650 in Books > Travel > Travel Writing #701 in Books > Audible Audiobooks > Biographies & Memoirs > Personal Memoirs

Customer Reviews

PROS- profiles of real people, good analysis and take-away nuggets at each chapter end, and instructive appendices;CONS- a bit imperative, author a bit of an enigma, got tired of hearing about continual travel. This book is about how to focus your life on a productive quest so as to make it happen. One thing that attracted me to reading this book is that I was interested in reading about real people and their life choices, for this was something that attracted me to a book I enjoyed years ago, Po Bronson's *What Should I Do with My Life?: The True Story of People Who Answered the Ultimate Question*. But I didn't expect the degree to which the author has analyzed and synthesized the topics into a set of principles that uses these profiles as illustrations, makes the book even more contentful. Each chapter focuses on some aspect of pursuing a life quest, uses several people as examples, and then closes with some summarizing principles. He addresses practicalities by suggesting how to think about blue-sky goals, such as breaking into pieces, so as to make them become accomplishable. Especially useful is ways in which people have adjusted their finances for their quests, or adjusted their quest to fit their finances, some methods of which are extremely clever. In contrast, Bronson's book was simply a compilation of profiles along with observations. Like Bronson's book, I found it refreshing to learn about all these different people and their life decisions, but the real strength of Guillebeau's book is organizing it by issue rather than interviewee, the many practical suggestions, and the level of analysis.

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