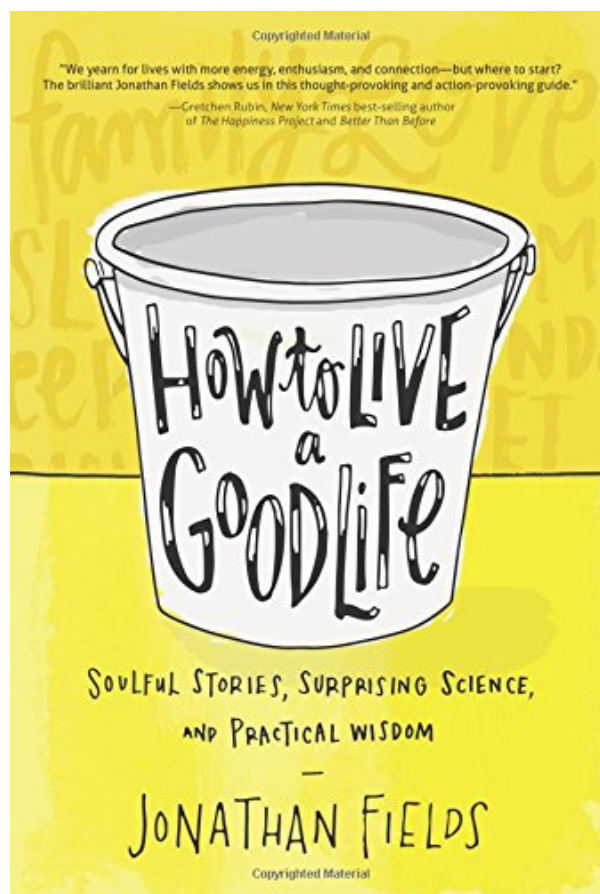
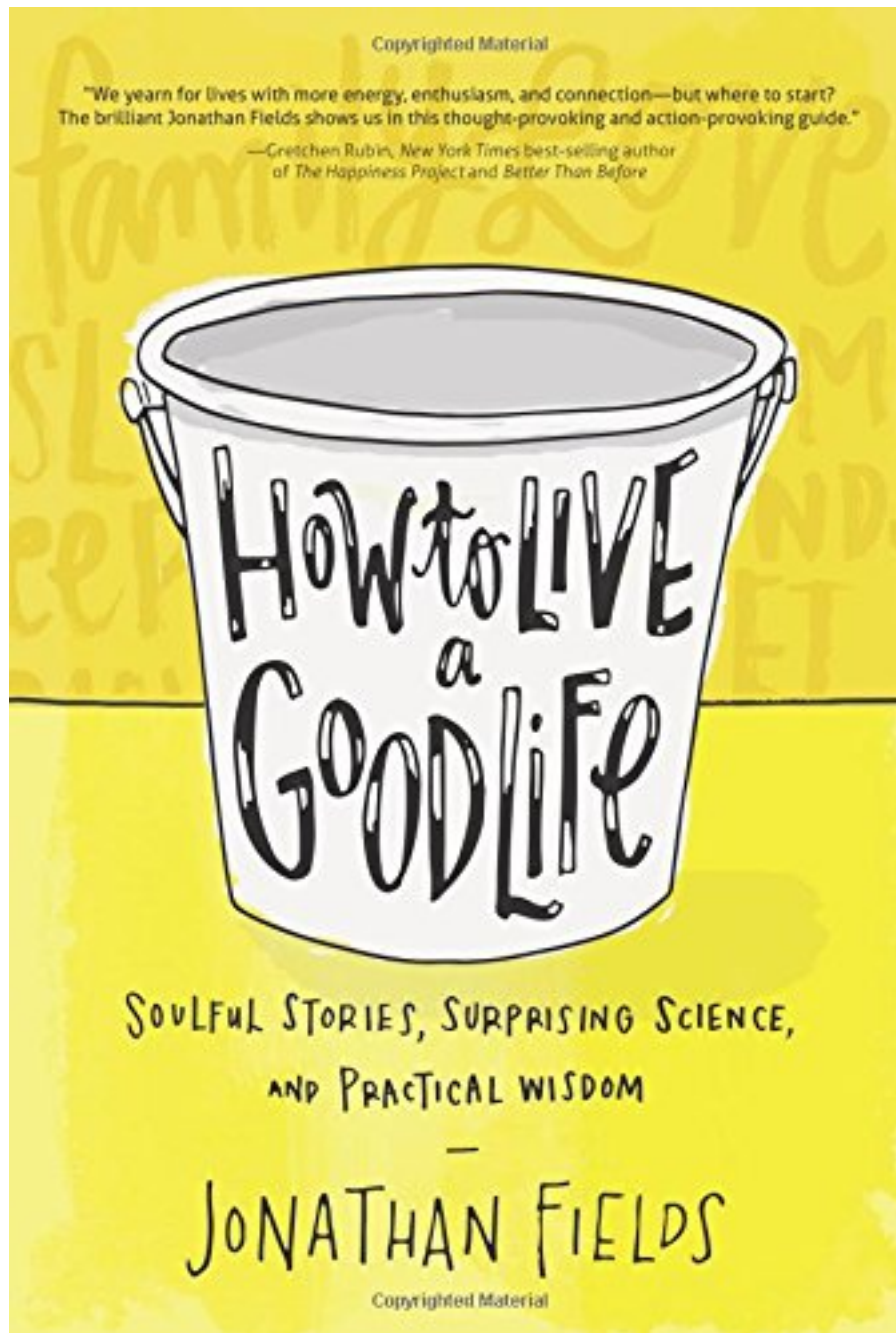


# HOW TO LIVE A GOOD LIFE: SOULFUL STORIES, SURPRISING SCIENCE, AND PRACTICAL WISDOM BY JONATHAN FIELDS



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## Review

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Seriously . . . another book that tells you how to live a good life? Don't we have enough of those? You'd think so. Yet, more people than ever are walking through life disconnected, disengaged, dissatisfied, mired in regret, declining health, and a near maniacal state of gut-wrenching autopilot busyness. Whatever is out there isn't getting through. We don't know who to trust. We don't know what's real and what's fantasy. We don't know how and where to begin and we don't want to wade through another minute of advice that gives us hope, then saps our time and leaves us empty.

How to Live a Good Life is your antidote; a practical and provocative modern-day manual for the pursuit of a life well lived. No need for blind faith or surrender of intelligence; everything you'll discover is immediately actionable and subject to validation through your own experience.

Drawn from the intersection of science, spirituality, and the author's years-long quest to learn at the feet of masters from nearly every tradition and walk of life, this book offers a simple yet powerful model, the "Good Life Buckets"—spend 30 days filling your buckets and reclaiming your life.

Each day will bring a new, practical yet powerful idea, along with a specific exploration designed to rekindle deep, loving, and compassionate relationships; cultivate vitality, radiance, and graceful ease; and leave you feeling lit up by the way you contribute to the world, like you're doing the work you were put on the planet to do.

How to Live a Good Life is not just a book to be read; it's a path to possibility, to be walked, then lived.

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- Original language: English
- Number of items: 1
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- Binding: Hardcover
- 256 pages

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#### Most helpful customer reviews

53 of 55 people found the following review helpful.

*A Fresh Perspective on Finding Meaning through Everyday Life*

By Chris Guillebeau

I've known Jonathan for more than 8 years, during which time I've learned a great deal from him. We've spoken at events together (WDS, SXSW, TEDx, others) and he's the person I've written about on my blog more than any other.

Everything he does is top quality, but this book is in another league—he calls it his most personal ever, and there's no doubt of that. In a highly readable, storytelling style, he takes you through popular science and real-world experiences from people you've never heard of (and some you have) to learn ways of improving your relationships, helping you contribute to the world more deeply, and, well, living a good life.

By the way, it's probably clear that Jonathan is a friend and mentor to me, but I did NOT receive a complimentary copy of this book—I bought my own and now I am buying many more to hand out.

26 of 26 people found the following review helpful.

*Making a Good Life Simple*

By Amanda Johnson

As a message coach, I have UNREASONABLY HIGH STANDARDS for books. I read them and often think, "If only the author had..." because I naturally see the potential of books to change the reader's life, and it bums me out to see them fall short.

Not with this book!

Jonathan did all the work, so that the reader can just focus on applying all of the insights and research he's shared. He did the research, read the self-help books, tested it all out...and then somehow packed it all into 4-5 powerful pages per topic completely masterfully.

I'll be sharing this book with all of my loved ones, clients, and everyone else crosses my path, hungry for a good life.

3 of 3 people found the following review helpful.

*A Yes to this Book is a Yes to Yourself*

By William "Bill" Brown

A few years ago my life seemed ideal to others but to me it felt like a house of cards waiting for a strong wind to bring it crashing to the ground. During this time of unease and stress I found out about Good Life Project podcast and Camp and I grabbed on as if my life depended on it. Little did I know that that strong wind I was fearing was a couple of months away. And I had incredible friends and people in this tribe to help me see through the pile of cards after the fall.

When I listen to the podcasts I feel a connection, like I'm apart of the thoughtful, inspiring and uplifting conversations that I long for and so often find lacking in my life. The Camp is all of this plus smiles, hugs



and laughter.

This Book for me is my opportunity to create a life, a circle of influence , a local tribe that I know to my bones will change the world.

This Book challenges me to take actions on things that I feel in my core but have refused to acknowledge.

This Book empowers me to stand in my own strength and not use the loving, encouraging and nurturing tribe as crutch or something I long to connect to once a year.

So now I can say, never again will I let my life have the appearance of being Good. And I will be able to know why it is and I will share it with whom ever wants it for themselves. And This Book helps me keep this promise to myself .

See all 69 customer reviews...

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