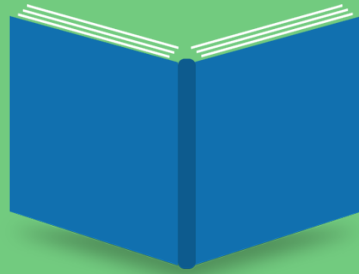


17 Books That Inspire Inner Peace and Happiness

Happiness is like a drug. It feels so good that we continually seek out more of those euphoric moments just to get another hit. In our modern society, being happy has become a symbol of success, and science backs it up too.



- ☐ 300 Arguments by Sarah Manguso
- ☐ This Is Water by David Foster Wallace
- ☐ A Book of Uncommon Prayer by Brian Doyle
- ☐ The Fox and the Star by Coralie Bickford-Smith
- ☐ When Breath Becomes Air by Paul Kalanithi
- ☐ SoulPancake: Chew on Life's Big Questions by Rainn Wilson
- ☐ Odes to Common Things, Bilingual Edition by Pablo Neruda
- ☐ Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert
- ☐ Happier by Tal Ben-Shahar
- ☐ The Happiness Makeover: Teach Yourself to Enjoy Every Day by M.J. Ryan
- ☐ Your Life Manual: Practical Steps to Genuine Happiness by David Ambrose
- ☐ The Prophet by Kahlil Gibran
- ☐ Jonathan Livingston Seagull: The Complete Edition by Richard Bach
- ☐ And Still I Rise: A Book of Poems by Maya Angelou
- ☐ The Wisdom of Insecurity: A Message for an Age of Anxiety by Alan W. Watts
- ☐ Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed



The Zen Commandments: Ten Suggestions for a Life of Inner Freedom by Deshaun

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