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100 Simple Secrets of Great Relationships David Niven (Ph. D.), 2000 Experts have spent their careers investigating what makes people happy While their methods are sound and their conclusions valuable the results often remain hidden in obscure scholarly journals At last social scientist and psychologist David Niven Ph D has cut through the scientific gobbledygook After examining over a thousand of the most recent and important scholarly studies into the psychological traits of happy people and uncovering their most promising discoveries into the causes of happiness Dr Niven presents 100 easy to digest nuggets of advice Enjoy what you have Believe in Yourself Grounded in science his approach is fresh useful and inspiring

100 Simple Secrets of Great Relationships: What Scientists Have Learned and David Niven, 2003-01-01 This third installment of a bestselling series offers practical advice for finding happiness peace and satisfaction in all of one's relationships culled from more than a decade of the best scientific research [100 Simple Secrets of the Best Half of Life](#) David Niven, PhD, 2009-10-13 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

100 Simple Secrets of Happy Families David Niven, PhD, 2009-10-13 The Simple Science of a Happy Family From raising children to getting along with in laws what do people with close and loving families do differently than those with strained or unfulfilling relationships Sociologists therapists and psychiatrists have spent entire careers investigating the ins and outs of family dynamics yet their findings are inaccessible to ordinary people hidden in obscure journals to be shared with other experts Now David Niven the international bestselling author of The 100 Simple Secret series has collected the most current and significant data from more than a thousand of the best scientific studies on families and then spelled out the findings in plain English The advice is based not on one person s unique experiences or opinions but offers for the first time the research of noted scientists studying average American families These findings have been boiled down to one hundred essential ways to find and maintain love joy and satisfaction in all family relationships Each statistic is accompanied by a true story about a real family showing the results in action Don t Forget the Past Parents who share stories of family history with their children create higher levels of concern for family members and increase the likelihood of their children s happiness No Price Tag Once basic necessities are met the increasing economic status of one s family has zero effect on the likelihood of feeling satisfied with life Let Every Opinion Be Heard Senior citizens having trouble living in their own homes are 84 percent more likely to be satisfied with their housing situation if they feel as if their concerns are an important part of selecting a new home or facility The Greatest Gift Life satisfaction is 72 percent more likely among those who feel content with their family life

100 Simple Secrets Why Dogs Make Us Happy David Niven, PhD, 2009-03-17 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 *The Simple Secrets for Becoming Healthy, Wealthy, and Wise* David Niven, PhD,2009-03-17

Sociologists therapists and psychiatrists have spent entire careers investigating the ins and outs of health success and happiness but their findings are inaccessible to ordinary people hidden in obscure journals seen only by other experts Now David Niven the international bestselling author of the Simple Secrets series has collected the most current and significant data from more than a thousand of the best scientific studies on three of the most important aspects of our daily lives Niven has boiled these findings down to sound succinct advice for each day of the year presenting 365 essential ways to find and maintain health wealth and wisdom Each entry is accompanied by a true story showing the results in action Whether you want to enhance your body your bank account your IQ or all three this bestselling series offers 365 essential ways to let science help you Simple Secrets of Success David Niven,2007 Up! David Niven, Ph.D.,2010-04-15 Insufficient healthcare coverage a weakened economy the fragile environment most people would be hard pressed to find even one example of how things are better today than they were yesterday How about one for each day of the year In his engaging and informative new book Up David Niven the best selling author of the 100 Simple Secrets series more than a million copies sold in the U S alone gives us 365 examples of how life is better now than ever before We think we re running out of time but we actually live twice as long as our great grandparents did We think our culture is in decline but worldwide IQ scores are higher today than ever before We think life keeps getting harder but the percentage of people who feel happy is growing every year Well researched and full of insight Up not only proves that life today is a vast improvement from the past but also that it continues to get better with each passing day For those who need convincing or for those who need reminding Up is a great resource for appreciating how far we ve come and realizing that in all ways things are truly looking Up *It's Not About the Shark* David Niven,2014-11-04 In the spirit of *The Tipping Point* and *Freakonomics* David Niven presents a new

way of decoding the riddles of the everyday choices we make It s Not About the Shark opens the door to the groundbreaking science of solutions by turning problems and how we solve them upside down When we have a problem most of us zero in take it apart and focus until we have it solved David Niven shows us that focusing on the problem is exactly the wrong way to find an answer Putting problems at the center of our thoughts shuts down our creative abilities depletes stamina and feeds insecurities It s Not About the Shark shows us how to transform our daily lives our work lives and our family lives with a simple but rock solid principle If you start by thinking about your problems you ll never make it to a solution If you start by thinking about a solution you ll never worry about your problems again Through real life examples and psychology research Niven shows us why Focusing on the problem first makes us 17 times less likely to find an answer Being afraid of a problem is natural we re biologically primed to be afraid Finding a problem creates power which keeps you from finding a solution Working harder actually hides answers Absolute confidence makes you less likely to find the answer Looking away from a problem helps to see a solution Listening only to yourself is one of the best ways to find an answer Combining hard facts good sense and a strong dose of encouragement Niven provides fresh and positive ways to think about problem solving

Los 100 secretos de las parejas felices David Niven,2003 **Tackling Life** Jonny Wilkinson,2009-02-05 Jonny Wilkinson s impact on global sport has been extraordinary Yet Jonny has faced a battle all his life to achieve success and crucially happiness A crippling fear of failure the targets he set himself and a string of injuries have caused Jonny to question his attitude to life In this startling new book writing with Steve Black Jonny opens up for the very first time revealing his darkest moments and explaining in a practical way the steps and techniques he has taken to ensure success in all aspects of his life He still wants to be the best but he now enjoys the journey With never before told stories from his life and rugby career this book will act as a powerful inspiration for anyone wanting to bring to the field of play be it business personal or sport the very best they have to offer **Human Chemistry (Volume One)** Libb Thims,2007-09-01 Human chemistry is the study of bond forming and bond breaking reactions between people and the structures they form People often speak of having either good or bad chemistry together whereby according to consensus the phenomenon of love is a chemical reaction The new science of human chemistry is the study of these reactions Historically human chemistry was founded with the 1809 publication of the classic novella Elective Affinities by German polymath Johann von Goethe a chemical treatise on the origin of love Goethe based his human chemistry on Swedish chemist Torbern Bergman s 1775 chemistry textbook A Dissertation on Elective Attractions which itself was founded on Isaac Newton s 1687 supposition that the cause of chemical phenomena may all depend upon certain forces by which the particles of bodies by some causes hitherto unknown are either mutually impelled towards each other and cohere in regular figures or are repelled and recede from one another which thus defines life **Asia, Inc** ,2003 *Library Journal* ,2003 **The Power of People Skills** Nivedita Jerath,Aarti Jerath,2007-01-13 This book provides techniques hints and examples that help you improve your people skills We have developed a hypothesis

as to the benefits of this book Developing people skills can be likened to a snowball effect The more you are able to improve your feedback from others the more confident and happy you become Spreading this confidence and happiness to others improves your likeability and creates a large positive aura around you Thus better people skills continue to develop The Power of Connection Gregory L. Jantz Ph.D.,2023-05-30 Loneliness and isolation are serious problems with real and often devastating consequences including increased suicide risk Their ramifications deeply affect everyone in our society In The Power of Connection explore why connection matters so much what the absence of connection means for the world and how to create more of it in our lives Dr Gregory Jantz believes the payoff for pursuing human connection is well worth the investment with the rewards being greater health well being resilience purpose spirituality and enjoyment of life He inspires us to be genuinely better together and more available to each other Accept this invitation to nurture relationships in which ideal qualities can truly shine compassion kindness humility gentleness patience forgiveness and love Find strategies for genuine connection to heal wounds find comfort in each other and build a healthier future for our society In this book you will learn Steps toward more authentic relationships Conditions for connection Strategies for deeper connections Ways to be a great friend American Book Publishing Record ,2007 **Spa** ,2003 **The Quiet Rise of Introverts** Brenda Knowles,2017-10-03 Expert advice on building resilience and strong relationships without draining yourself Introverts may not want to go out and party every night but that doesn't mean they don't want to meet people have fun and build secure loving relationships This guide is designed to help introverted individuals grow and nurture their peace purpose and bonds with others in ways that work for them Author speaker and life coach Brenda Knowles presents eight unique practices to help readers learn that they are not alone or flawed in their sensitivity and introversion and that they are capable of creating and maintaining relationships Certified as a Myers Briggs practitioner and trained in family mediation Knowles reveals how these practices can yield A calmer sense of self A deeper understanding of mental and physical self care An understanding of the purpose of conflict Growth in relationship responsiveness The secret to healing every day

100 Simple Secrets Of Great Relationships Book Review: Unveiling the Power of Words

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