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Dan Buettner is an internationally recognized researcher, explorer, and

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author. He founded Blue Zones™, a project of Quest Network, Inc., to research and publicize the world's best practices in health, longevity, and happiness.

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not so complex after all. Perhaps with effort, assistance, and just a bit of research data, we can channel our efforts more effectively and realize our legacy. "Thrive: Finding Happiness the Blue Zones Way" is available for \$10.17 at Amazon.com. What makes YOU happy? Do you know?

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