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The surprising power of a Joyful Manicure. By Ingrid Fetell Lee. My first memory of nail polish is from the bathroom in my mother's apartment. I must've been about six. She was in the tub, probably, a wisteria-scented candle burning in the corner. Her favorite color was purple, and this manifested in her wardrobe, her bedroom, that candle, and her cosmetics.

Joyful: The surprising power of ordinary things to create

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The Book - The Aesthetics of Joy by Ingrid Fetell Lee

In Joyful, designer Ingrid Fetell Lee explores how the seemingly mundane spaces and objects we interact with every day have surprising and powerful effects on our mood. Drawing on insights from neuroscience and psychology, she explains why one setting makes us feel anxious or competitive, while another fosters acceptance and delight—and, most importantly, she reveals how we can harness the power of our surroundings to live fuller, healthier, and truly joyful lives.

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Joyful: The surprising power of ordinary things to create extraordinary happiness What if the natural vibrancy of our surroundings is our most easily accessible source of joy? By making small but powerful changes to the things around us, we can live happier, healthier lives.

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Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness. Ingrid Fetell Lee. Little, Brown Spark, \$28 (368p) ISBN 978-0-316-39926-5. Designer Lee explores how to craft a

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Joy is the most basic building block of happiness, and this mesmerizing book reveals where to find it — and how to create it. Ingrid Fetell Lee's blockbuster debut will open your eyes to all the places where joy is hiding in plain sight. - Adam Grant, New York Times bestselling author of Originals and Give and Take

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The surprising power of a Joyful Manicure - The Aesthetics

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Joyful reveals the powerful notion that joy can be cultivated to flourish within all of us. This idea can change the world. * David Kelley, founder of the design and innovation company IDEO * Joyful is an invaluable field guide to discovering delight in all its forms. It's hard to look at the world - and your place in it - quite the same way again * Bianca Bosker, New York Times bestselling author of Cork Dork *

9781846045448: Joyful: The surprising power of ordinary

Joyful surprises bring our attention away from ourselves and back out into the world, prompting us to approach and engage. They incite curiosity, spur exploration and increase the chances we'll interact with others in ways that keep the positive vibes flowing.

Joyful: The surprising power of ordinary things to create

In this groundbreaking book, designer Ingrid Fetell Lee explores how making small changes to your surroundings can create extraordinary happiness in your life. Drawing on insights from neuroscience and psychology, she reveals how the seemingly mundane spaces and objects we interact with every day have

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surprising effects on our mood and how we can harness the power of our environment to live fuller, healthier and more joyful lives.

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