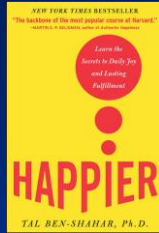


Happiness & Fulfillment 充実感: First 2 Books



Tal Ben-Shahar
"Happier"

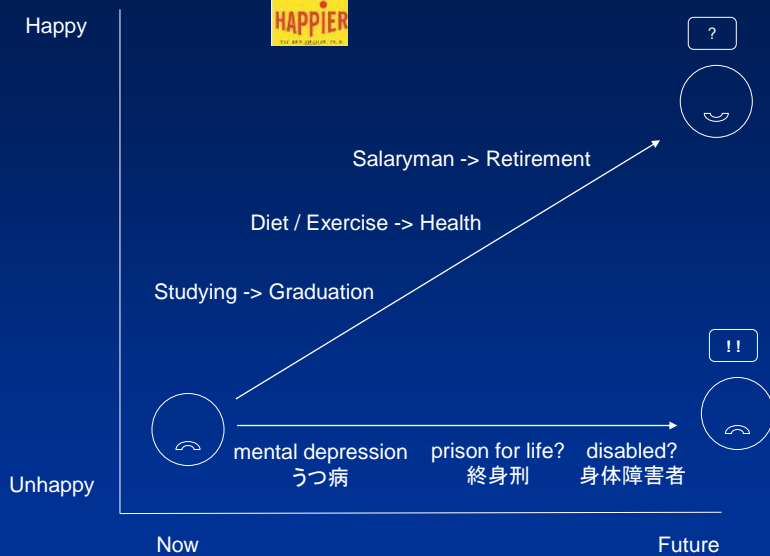


Mihaly Csikszentmihalyi
"Flow"
"無我夢中"

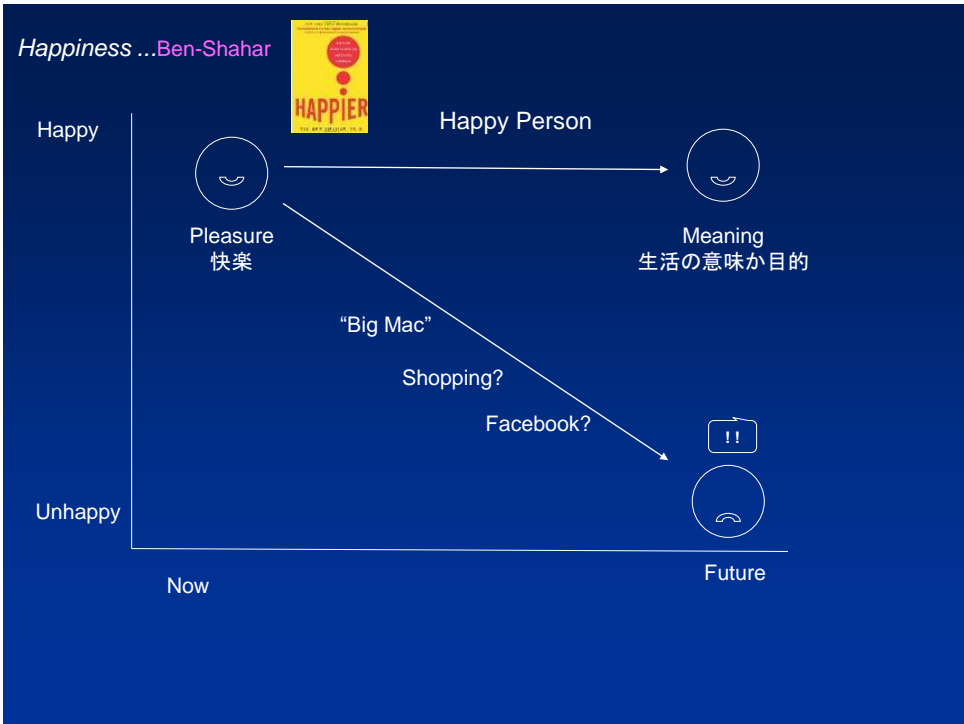


1

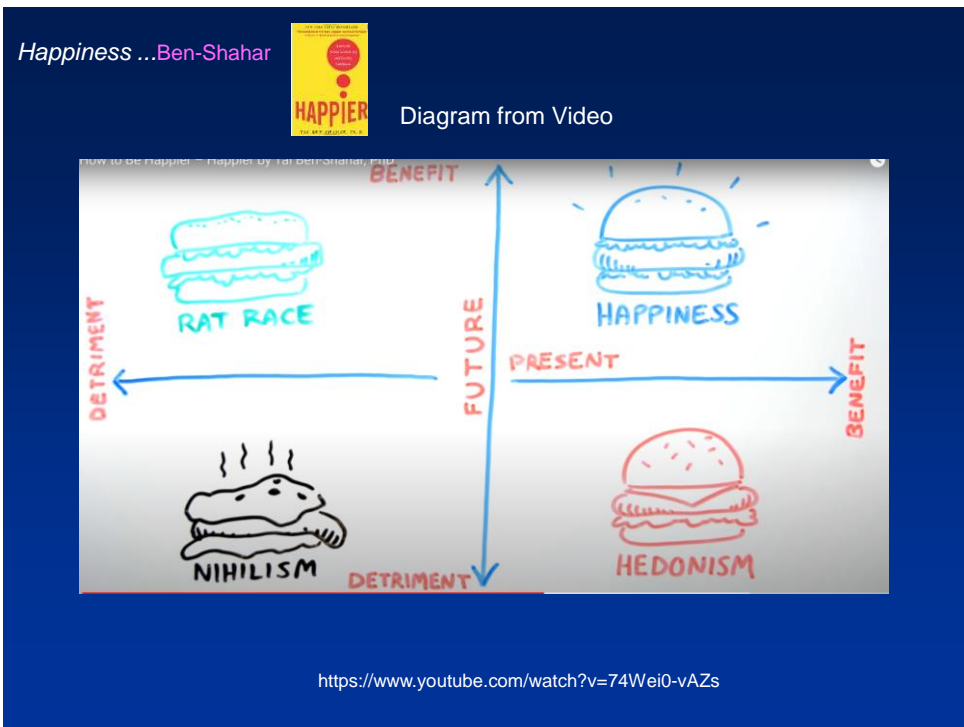
Happiness ...Ben-Shahar



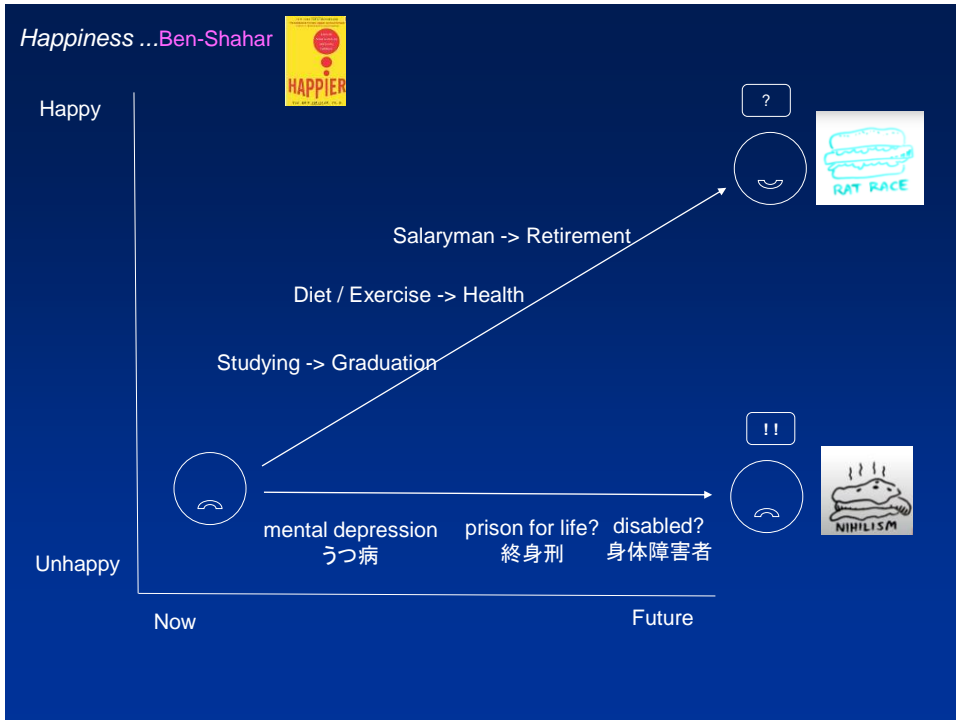
2



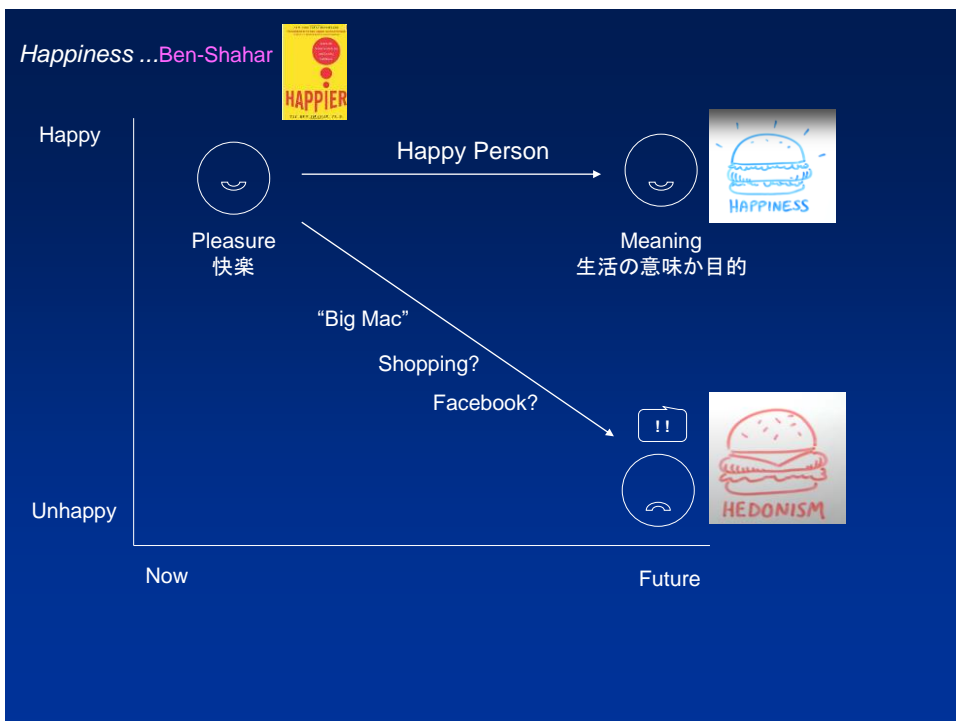
3



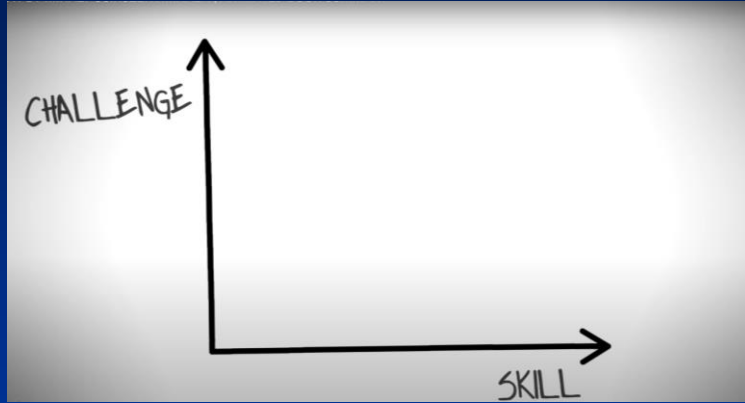
4



5

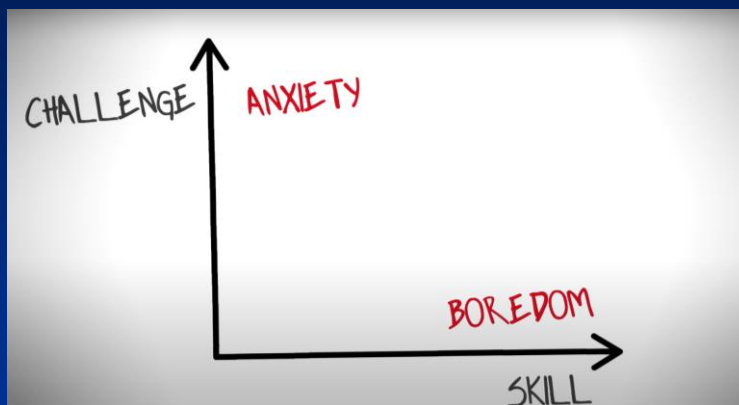


6

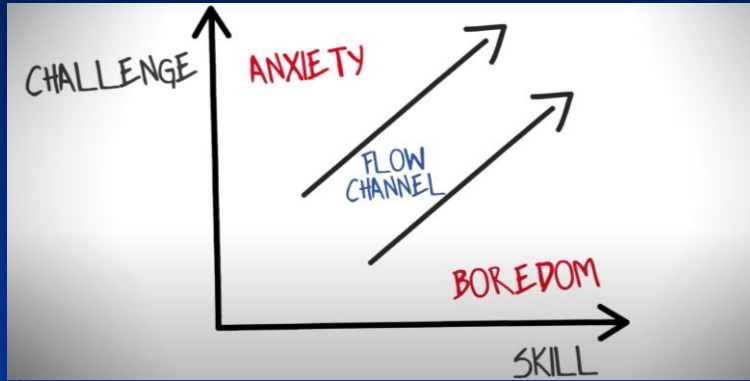


<https://www.youtube.com/watch?v=8h6IMYRoCZw>

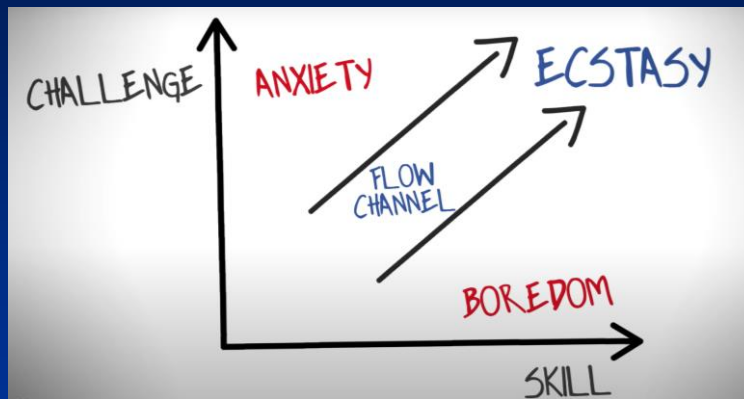
7



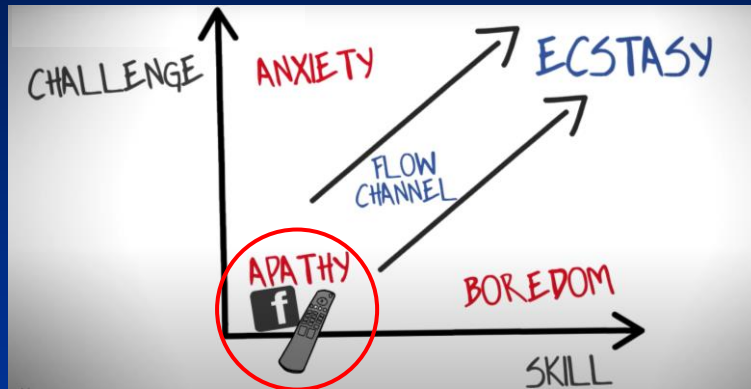
8



9



10



11



12

