



# A Real Life: Rediscovering the Roots of Our Happiness

*Ferenc Máté*

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“We seem to have forgotten what life is all about...”

So begins this heartfelt, laugh-out-loud sequel to Máté’s cult classic, *A Reasonable Life*. He cautions us that as slaves to electronic devices and obsessed with material goods, we are becoming physically inert, intellectually blinkered, and devoid of deep emotion. Our blind lust for gadgets and possessions has displaced true and lasting joys such as our health, creativity, self-reflection, and fulfillment.

How has our unquestioned pursuit of the American dream left us? Financially insecure, estranged from our families, helpless without our wireless toys, overweight, pervasively

depressed and increasingly isolated. But don’t despair, a renaissance is underway.

In this new call for genuine, vibrant living, Máté challenges us to re-evaluate the meaning of “success,” “security,” technological “progress,” and how we work, eat, play, and love. With surprising statistics, eye-opening observations, and engaging anecdotes he rekindles in us a love of simple daily life: the forgotten pride and joy of independence, neighborliness, working with our hands, the revitalizing effect of closeness to nature, the irreplaceable value of lifelong friendships, and the enduring rewards of face-to-face conversation.

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Spent a free time to be fun activity to try and do! A lot of people spent their spare time with their family, or their own friends. Usually they carrying out activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book may be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the reserve untitled A Real Life: Rediscovering the Roots of Our Happiness can be great book to read. May be it is usually best activity to you.

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