## Contents

	Acknowledgments	ix
1	Seeking a Fulfilling Life Why There Is More to It Than Happiness	1
2	The Curiosity Advantage Opening the Gateway to What Makes Life Most Worth Living	17
3	Our Brains Lust for the New	43
4	The Curious Moment Sparking Intrigue in the New and Meaning in the Mundane	59
5	Creating Lasting Interests and Passions	91
6	The Rewards of Relationships Infusing Energy and Passion into Social Interactions	125
7	The Anxious Mind and the Curious Spirit	167
8	The Dark Side of Curiosity Obsessions, Sensational Thrills, Sex, Death, and Detrimental Gossip	209
9	Discovering Meaning and Purpose in Life	235
	Appendix—Exercises and Tools Notes and References Index	263 285 327