



The Good Life

Hugh Mackay

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"No one can promise you that a life lived for others will bring you a deep sense of satisfaction, but it's certain that nothing else will."

Hugh Mackay has spent his entire working life asking Australians about their values, motivations, ambitions, hopes and fears. Now, in *The Good Life*, he addresses the ultimate question: What makes a life worth living?

His conclusion is provocative. The good life is not the sum of our security, wealth, status, postcode, career success and levels of happiness. The good life is one defined by our capacity for selflessness, the quality of our relationships and our willingness to connect with others in a useful way.

Mackay examines what is known as the Golden Rule through the prisms of religion, philosophy, politics, business and family life. And he explores the numerous and often painful ways we distract ourselves from this central principle: our pursuit of pleasure, our attempts to perfect ourselves and our children, and our conviction that we can have our lives under control.

Argued with all the passion and intelligence we have come to expect from one of Australia's most prolific and insightful authors, *The Good Life* is a book that will start conversations, ignite arguments and possibly even change the way we live our lives.

Shortlisted for Indie Awards' Non-fiction Book of the Year 2014

Shortlisted for ABIA Awards for General Non-fiction Book of the Year 2014

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From reader reviews:

Karen Johnson:

Have you spare time for the day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their own spare time to take a move, shopping, or went to typically the Mall. How about open or read a book allowed The Good Life? Maybe it is being best activity for you. You know beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with its opinion or you have some other opinion?

Harry Thomas:

A lot of people always spent their free time to vacation or even go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity that is look different you can read a book. It is really fun in your case. If you enjoy the book which you read you can spent all day every day to reading a guide. The book The Good Life it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore simply to read this book out of your smart phone. The price is not very costly but this book offers high quality.

Shannon Palmer:

People live in this new day time of lifestyle always attempt to and must have the free time or they will get great deal of stress from both everyday life and work. So , once we ask do people have free time, we will say absolutely indeed. People is human not really a robot. Then we consult again, what kind of activity do you have when the spare time coming to you actually of course your answer will unlimited right. Then ever try this one, reading guides. It can be your alternative throughout spending your spare time, often the book you have read is The Good Life.

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