

Copyrighted Material

HAPPINESS IS A **CHOICE** YOU MAKE

*Lessons from a year
among the oldest old*

**JOHN
LELAND**

*Author of
Hip: The
History*

Copyrighted Material

John Leland

Happiness Is a Choice You Make: Lessons from a Year Among the Oldest
Old



[continue reading](#)

A New York Times Bestseller! Happiness Is a Choice You Produce is an enduring collection of lessons that emphasizes, most importantly, the extraordinary influence we wield more than the quality of our lives. In 2015, when the award-winning journalist John Leland set out on behalf of THE BRAND NEW York Instances to meet members of America's fastest-growing generation, he anticipated learning of challenges, of loneliness, and of the deterioration of body, mind, and standard of living. Despite disparate backgrounds and situations, both lived with a amazing lightness and contentment. However the elders he met took him in an entirely different path. The truth Leland encountered upended modern notions of aging, revealing the late stages of existence as unexpectedly wealthy and older people as incomparably wise. An extraordinary look at what this means to grow old and a heartening information to well-getting, Happiness Is a Choice You Make weaves together the tales and wisdom of six New Yorkers who quantity among the "oldest old"? those eighty-five and up. With humility, center, and wit, Leland provides crafted a sophisticated and required reflection on how to "live better"?educated by anyone who has mastered the art.



[continue reading](#)

