



I'm not robot



I am not robot!

The Fun Habit is the ultimate guide to reaping the serious benefits of fun. Discover The Fun Habit is the ultimate guide to reap the serious benefits of fun on current research, accessible science, and practical recommendations, Dr Mike Rucker explains how you can build having fun into an actionable and effortless habit and why doing so will help you become a healthier, more joyful, more productive person In the vein of Year of Yes, % Happier, and Atomic Habits, The Fun Habit features “practical tips, tools, and tactics for bringing fun into our lives starting now” (Dr. Armed with scientific evidence and personal experiences, Mike takes you through a step-by-step The Fun Habit is the ultimate guide to reaping the serious benefits of fun. At least I’m pretty sure that’s why you are here if not, no worries, you can still stay. Drawing on cutting edge research, accessible science, and practical recommendations, Dr Mike Rucker explains how you can build having fun into an actionable and effortless habit and why doing so will help you become healthier, joyful and more productive. Olav Sorenson, UCLA professor of sociology) The Fun Habit is the ultimate guide to reap the serious benefits of fun on current research, accessible science, and practical recommendations, Dr Mike Rucker Drawing on cutting edge research, accessible science, and practical recommendations, Dr Mike Rucker explains how you can build having fun into an actionable and effortless “A masterful distillation of science and personal experience” (Nir Eyal, author of explains how you can build having fun into an actionable and effortless habit and why doing so “A masterful distillation of science and personal experience” (Nir Eyal, author of Hooked), The Fun Habit explains how you can build having fun into an actionable and effortless Discover the latest scientific evidence for the potent and revitalizing value of fun and how to make having fun a habitual and authentic part of your daily life with “this well-researched Let me start by personally thanking you for trusting me to add some more fun to your life. Drawing on cutting edge research, accessible science, and practical recommendations, Dr Mike Rucker explains how you can build having fun into an actionable and effortless habit and why doing so will help you become healthier, joyful and more productive “A masterful distillation of science and personal experience” (Nir Eyal, author of Hooked), The Fun Habit explains how you can build having fun into an actionable and effortless habit and why doing so will help you become a healthier, more joyful, more productive person Drawing on cutting edge research, accessible science, and practical recommendations, Dr Mike Rucker explains how you can build having fun into an actionable and effortless habit and why doing so will help you become healthier, joyful and more productive Discover compelling scientific evidence for the value of fun and of how having more of it will help you achieve better work-life balance, reduce stress and much more The Fun Habit: How the Pursuit of Joy and Wonder Can Change Your Life: Mike Rucker, Author However what we ignore is the fact that having fun has been proven to be good for us, both mentally and this book, author Mike Rucker is all set to make you realize why making fun a daily habit is going to change your life for the good.