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Expert advice to enrich your life + inspire your best self

## THE BOOKSHELF

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### Dip Your Toe In

*Being curious about new things  
just might make you happier*

Life is kind of like a supermarket, says **TODD KASHDAN, PH.D.** There are a thousand bright and shiny objects vying for our attention, but most likely we walk on by, intent on finding whatever we bought the week before. This might be because we know what we want—or because we're in a rut. In *Curious? Discover the Missing Ingredient to a Fulfilling Life* (Collins Living), Kashdan asserts that we ought to pay



more attention to all those unfamiliar objects. Our world is a bevy of unnoticed curiosities, and our lives are richer when we reach beyond what we're used to seeing and thinking. "There is something enjoyable," he writes, "about being unsure of what to expect." This isn't just about making life more "interesting": In Kashdan's view, curiosity is nothing less than a fundamental component of happiness itself. So instead of going along with the routine, we should question everything and be open to anything. "We only have one life to experiment with," Kashdan says, "and pulling off our blinders can help us get started."

TIMOTHY MAHER