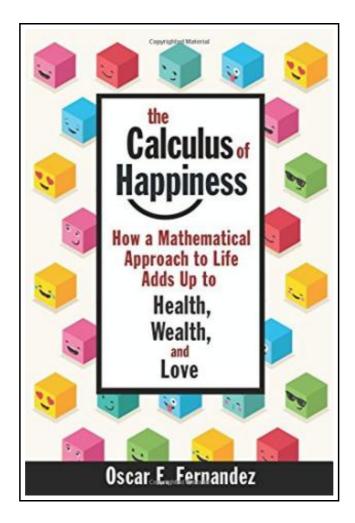
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Reviews

This ebook will never be effortless to get started on studying but extremely fun to read through. It is actually writter in easy phrases and never difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Pearl Corwin)

THE CALCULUS OF HAPPINESS: HOW A MATHEMATICAL APPROACH TO LIFE ADDS UP TO HEALTH, WEALTH, AND LOVE (HARDBACK)



Princeton University Press, United States, 2017. Hardback. Condition: New. Language: English. Brand New Book. How math holds the keys to improving one s health, wealth, and love life What s the best diet for overall health and weight management? How can we change our finances to retire earlier? How can we maximize our chances of finding our soul mate? In The Calculus of Happiness, Oscar Fernandez shows us that math yields powerful insights into health, wealth, and love. Using only high-school-level math (precalculus with a dash of calculus), Fernandez guides us through several of the surprising results, including an easy rule of thumb for choosing foods that lower our risk for developing diabetes (and that help us lose weight too), simple all-weather investment portfolios with great returns, and math-backed strategies for achieving financial independence and searching for our soul mate. Moreover, the important formulas are linked to a dozen free online interactive calculators on the book s website, allowing one to personalize the equations. Fernandez uses everyday experiences--such as visiting a coffee shop--to provide context for his mathematical insights, making the math discussed more accessible, real-world, and relevant to our daily lives. Every chapter ends with a summary of essential lessons and takeaways, and for advanced math fans, Fernandez includes the mathematical derivations in the appendices. A nutrition, personal finance, and relationship how-to guide all in one, The Calculus of Happiness invites you to discover how empowering mathematics can be.

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