



# The Giving Way to Happiness: Stories and Science Behind the Life-Changing Power of Giving

*Jenny Santi*

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**The Giving Way to Happiness: Stories and Science Behind the Life-Changing Power of Giving** Jenny Santi

**A guide to how giving can be the key to happiness—combining the latest research with firsthand accounts from Goldie Hawn, Nobel Peace Prize winner Muhammad Yunus, and others.**

As a Philanthropy advisor, Jenny Santi has met some of the world's most notable and inspiring change-makers. Despite their diverse backgrounds, each of these people has related to Santi that the thing in their life that has given them the most joy is the simple act of giving. In this inspiring book, Santi shares their stories – how they found purpose, healed from past wounds, and discovered meaning beyond material success – as well as her own personal struggles in finding happiness in order to inspire readers to discover the power of giving in their own lives.

Told firsthand by such notable people as Academy Award winner Goldie Hawn, Nobel Peace Prize winner Muhammad Yunus, Teach for America founder Wendy Kopp, philanthropist Richard Rockefeller, environmentalist Philippe Cousteau, and many others, the stories in this book make an eloquent and passionate case that oftentimes the answers to the problems that haunt us, and the key to the happiness that eludes us, lie in helping others.

In this book you will discover:

- How altruism activates the same pleasure centers of the brain stimulated by food, sex, and drugs
- Practical, universally applicable lessons on what kind of giving makes people happy and what doesn't.
- How to give your time, talents, and treasures in ways that are more impact-oriented, energizing, and rewarding than ever

In this inspiring book, Santi reveals giving is the secret to living a life that is full of meaning, purpose, and happiness.

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