

How Embracing Wonder Can Make You Happier, Healthier, and More Connected

In a world that often feels chaotic and overwhelming, it's easy to lose sight of the simple things that bring us joy. We get caught up in our to-do lists, our worries, and our social media feeds, and we forget to take time to appreciate the beauty of the world around us.

But what if I told you that embracing wonder could make you happier, healthier, and more connected? It sounds almost too good to be true, but it's backed by science.



Awestruck: How Embracing Wonder Can Make You Happier, Healthier, and More Connected by Jonah Paquette

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1591 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 208 pages



The Benefits of Wonder

Wonder is a feeling of amazement and curiosity that we experience when we encounter something new or unexpected. It's the feeling you get when

you look up at the stars on a clear night, or when you read a book that transports you to another world.

Research has shown that wonder has a number of benefits for our well-being, including:

- **Increased happiness:** Wonder has been shown to boost our levels of dopamine, a neurotransmitter that is associated with pleasure and reward.
- **Reduced stress:** Wonder can help us to relax and de-stress. When we focus on something that amazes us, we forget about our worries and anxieties.
- **Improved cognitive function:** Wonder can help us to learn and remember new information. When we are wondering about something, we are more likely to pay attention to it and to engage with it.
- **Increased social connection:** Wonder can help us to connect with others. When we share our sense of wonder with others, we create a bond that is based on shared experiences.

How to Embrace Wonder

If you want to experience the benefits of wonder, there are a few things you can do:

- **Take time to appreciate the small things:** Pay attention to the beauty of nature, the kindness of strangers, and the simple pleasures of life.

- **Be open to new experiences:** Step outside of your comfort zone and try something new. You never know what you might discover.
- **Ask questions:** When you're curious about something, don't be afraid to ask questions. You might just learn something new.
- **Share your sense of wonder:** Talk to others about the things that amaze you. You might inspire them to see the world in a new way.

Embracing wonder is a simple but powerful way to improve your well-being. It can make you happier, healthier, and more connected. So next time you feel like you're getting bogged down by the stresses of life, take a moment to look around and appreciate the beauty of the world around you. You might just be surprised at how much better you feel.

Additional Resources:

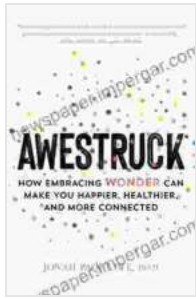
- [The Benefits of Wonder](#)
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- [The Neuroscience of Wonder and Curiosity](#)

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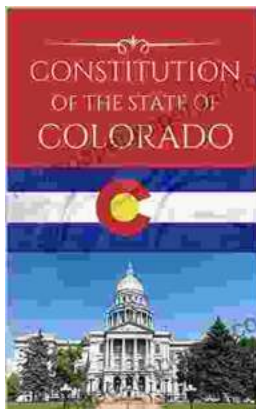
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