

150 People Share The One Object That Brings Them Joy, Magic, And Meaning

In a world full of chaos and uncertainty, it's important to find moments of joy and meaning. Sometimes, these moments can come from the most unexpected sources – even from simple objects that hold deep personal significance.

We asked 150 individuals from different walks of life to share the one object that brings them immense joy, magic, and meaning. Their responses were diverse and inspiring. From heirlooms to cherished childhood toys, these objects provide a sense of comfort, nostalgia, and connection.

One recurring theme in the responses was the emotional attachment people have towards objects that are reminders of loved ones. For many, it is an artifact passed down through generations that carries the weight of family history and sentimental value. These objects serve as a tangible link to the past, grounding them in their roots and providing a sense of continuity and belonging.



What We Keep: 150 People Share the One Object that Brings Them Joy, Magic, and Meaning

by Bill Shapiro (Kindle Edition)

★★★★☆ 4.5 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 208 pages



For others, the object of joy and meaning is something they stumbled upon during their life's journey – a symbol of personal growth, resilience, or triumph. It could be a book that motivated them during challenging times, a piece of art that captured their essence, or a souvenir from a life-changing trip. These objects represent personal milestones, reminding individuals of the strength and beauty they possess within.

One participant shared their favorite childhood toy – a worn-out stuffed animal – which has become a steadfast source of comfort and unconditional love. Despite its tattered state, the toy holds an irreplaceable place in their heart, embodying the innocence and carefree spirit of youth.

The objects that bring joy, magic, and meaning to individuals are as unique as the people themselves. From a treasured necklace to a handwritten letter, each one has a story to tell and a special significance in someone's life.

While some may argue that attaching sentimentality to objects is counterproductive, research suggests otherwise. Psychologists have found that meaningful objects can serve as psychological anchors, providing a sense of stability and reassurance. These objects act as external representations of our values, aspirations, and emotions, allowing us to connect with our inner selves on a deeper level.

In a society that often values material possessions more than their sentimental worth, it's refreshing to hear stories about the magical and meaningful power of objects. They remind us that happiness and fulfillment can be found in the simple things – in the everyday artifacts that make up our lives.

So, take a moment to reflect on the objects that bring you joy, magic, and meaning. It could be a small trinket tucked away in a drawer or a cherished item

displayed proudly on your shelf. Embrace the memories, emotions, and experiences associated with these objects. Allow their presence in your life to bring you a renewed sense of happiness and purpose.

Remember, the power of objects lies not in their physical form, but in the connections they foster – the memories they hold, the stories they tell, and the emotions they evoke. Let them guide you towards a life filled with joy, magic, and meaning.



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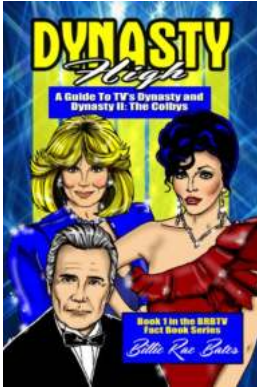
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With contributions from Cheryl Strayed, Mark Cuban, Ta-Nahesi Coates, Melinda Gates, Joss Whedon, James Patterson, and many more--this fascinating collection gives us a peek into 150 personal treasures and the secret histories behind them.

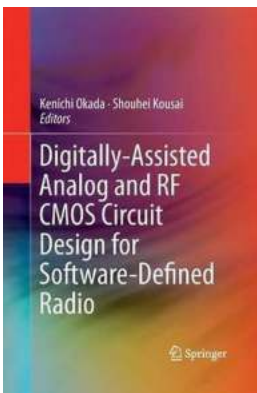
All of us have that one object that holds deep meaning--something that speaks to our past, that carries a remarkable story. Bestselling author Bill Shapiro collected this sweeping range of stories--he talked to everyone from renowned writers to Shark Tank hosts, from blackjack dealers to teachers, truckers, and nuns, even a

reformed counterfeiter--to reveal the often hidden, always surprising lives of objects.



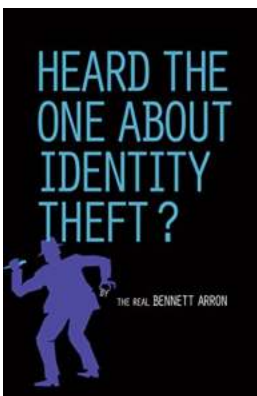
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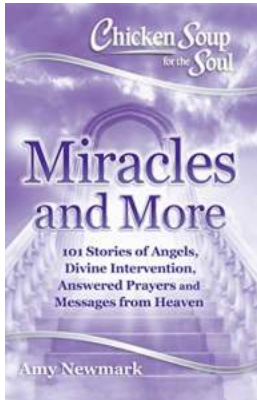
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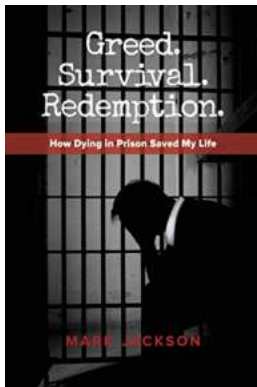
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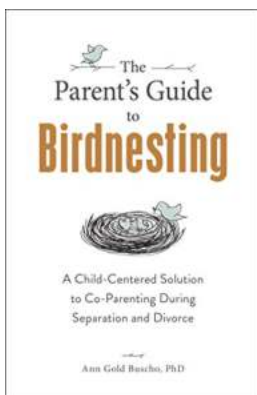
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