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10 netflix documentaries that will change your life + mindset

1. Expedition Happiness

EXPEDITION HAPPINESS

FROM ALASKA TO MEXICO



DOING WHAT YOU LIKE
IS FREEDOM -
LIKING WHAT YOU DO
IS HAPPINESS.

A NETFLIX ORIGINAL DOCUMENTARY SHORT



RESURFACE

WHAT THEY LOST IN THE WAR, THEY FOUND IN THE WAVES

SEPT 1 | **NETFLIX**

From the ACADEMY AWARD® nominated filmmakers of
GENGHIS BLUES and LONG NIGHT'S JOURNEY INTO DAY

happy

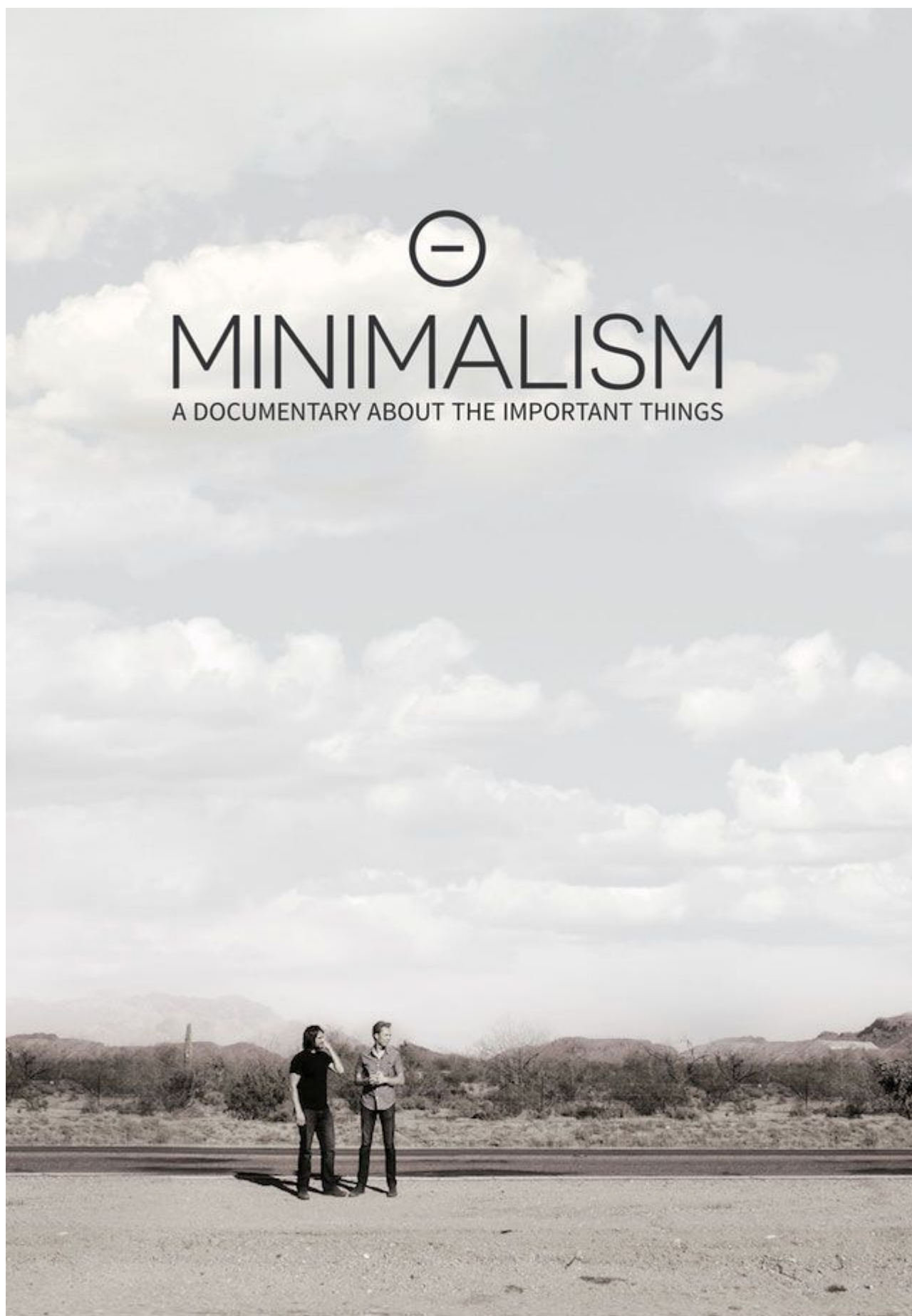


WADI RUM FILMS AND SHADY ACRES PRESENTS A FILM BY ROKO BELIC HAPPY NARRATED BY MARCI SHIMOFF STARRING ED DIENER, RICHARD DAVIDSON
THE DALAI LAMA, SONJA LYUBOMIRSKY, MIHALY CSIKSZENTMIHALYI, DANIEL GILBERT, TIM KASSER, MELISSA MOODY, NIC MARKS
MICHAEL PRITCHARD, GREGORY BERNIS, P. READ MONTAGUE, ROY BLANCHARD EXEC. PRODUCER TOM SHADYAC PRODUCED BY EIJI HAN SHIMIZU
FRANCES REID, ROKO BELIC ASSOCIATE PRODUCERS ADRIAN BELIC, Omid HEIDARI, PAMELA HARRIS, JESS FURMAN, BHAGYASHREE RAORANE
EDITED BY VIVIEN HILLGROVE MUSIC BY MARK ADLER GRAPHICS BY RELJA PENEZIC & NOIR STUDIO DIRECTED BY ROKO BELIC



www.TheHappyMovie.com





A NETFLIX ORIGINAL SERIES

The background of the poster is a textured, greyish-blue wall. Scattered across the wall are various hand-drawn black markings: several 'X' marks, several 'O' marks, and several arrows of varying lengths and directions. Some arrows are straight, while others are curved. The markings are drawn with a thick, dark marker, giving them a tactical or strategic appearance, reminiscent of a coach's whiteboard or a chalkboard.

THE PLAYBOOK

A COACH'S RULES FOR LIFE

SEP 22 | NETFLIX

A NETFLIX ORIGINAL DOCUMENTARY SERIES

DOGS

NOV 16 | **NETFLIX**

Six stories of unconditional love

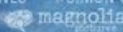


MAN ON WIRE

"Exhilarating."

STEPHEN HOLDEN, NY TIMES

MAGNOLIA PICTURES, DISCOVERY FILMS, BBC AND THE UK FILM COUNCIL PRESENT A WALL TO WALL PRODUCTION
IN ASSOCIATION WITH RED BOX FILMS "MAN ON WIRE" BASED ON "TO REACH THE CLOUDS" BY PHILIPPE PETIT
PRODUCTION DESIGNER KATHY O'DONNELL COSTUME DESIGNER J. RALPH MUSIC BY MICHAEL NYMAN EDITOR IGOR MARTINOVIC
EXECUTIVE PRODUCERS JINX GODFREY PRODUCED BY VICTORIA GREGORY MAUREEN A. RYAN EXECUTIVE PRODUCERS ANDREA MEDITCH
EXECUTIVE PRODUCERS NICK FRASER PRODUCED BY JONATHAN HEWES PRODUCED BY SIMON CHINN DIRECTED BY JAMES MARSH



WWW.MANONWIRE.COM

FOOD IS MEDICINE



THE **MAGIC** PILL

NETFLIX

THE BLACK
GODFATHER



LIVING ON ONE DOLLAR

NOW ON
NETFLIX



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This account exists to help you:

- Become your best self
- Live a happier and healthier life
- Grow mentally and emotionally

Have an amazing day :)