



The Aliveness Factor: A Mediterranean Guide to Joyful Living

Juan M. Martin Menendez

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At the age of thirty-six, Juan M. Martín Menéndez left his lucrative corporate career in Spain and began his search for the source of true happiness and success. He found it in what he called The Aliveness Factor: the joy of vibrant living that also happened to characterize his native Mediterranean culture. For the first time ever, The Aliveness Factor distills that vibrancy of body, heart, and soul characteristic of the Mediterranean cultures into distinct principles, so that readers of any culture can experience this Aliveness Factor for themselves and find true meaning, purpose, self-congruency, and passion in life, no matter what they do or where they live.

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