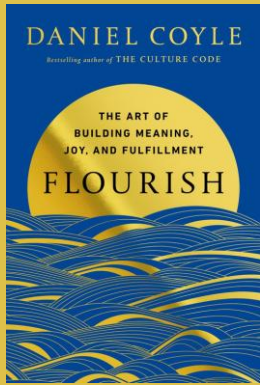




BALLANTINE BANTAM DELL



FLOURISH

by Daniel Coyle

Ballantine,
On-Sale
2/3/26

*A science-based, practical blueprint for cultivating a life—at work and at home—full of belonging, joy, and vitality, from the New York Times bestselling author of *The Culture Code**

What does it mean to live a meaningful life—and how do we create one for ourselves, our families, and our communities? In his most profound and personal book yet, bestselling author and leading culture expert [Daniel Coyle](#) turns his sharp eye from the playing fields and boardrooms of the world, to the deeper questions of joy, purpose, and connection.

If *The Talent Code* was about developing specific performance skills, and *The Culture Code* explored the traits that successful groups share, **FLOURISH: *The Art of Building Meaning, Joy, and Fulfillment*** (Bantam, on-sale 2/3/26) is about building the environments that make us feel more connected, energized, and alive. Drawing from both rigorous reporting and his own search for meaning—asking questions like What truly makes a life worth living? How do I find fulfillment, and help my children discover their own? Coyle offers a guide to creating spaces where individuals and communities can thrive.

In *The Talent Code*, he traveled to hotbeds of talent—from Caribbean baseball fields to a New York music academy—to uncover the elements of skill development. In *The Culture Code*, he went inside iconic organizations like Pixar, the San Antonio Spurs, and Navy SEAL Team Six to learn what makes them excel as groups. Now in **FLOURISH**, he focuses on communities and relationships that embody deep connectivity and resilience. Through vivid stories—a brotherhood of Chilean miners who survived together underground, a Michigan deli that blossomed into a \$90 million ecosystem, a Dutch soccer team that reinvented the sport, and a Paris district that transformed from fractured to vibrant—Coyle reveals how flourishing groups make meaning (through deep connection) and build community (through shared purpose).

At a time when the world feels increasingly divided, **FLOURISH** offers both a spark of hope and a practical path forward. Through captivating real-world stories, scientific research, and his own reflections, Coyle shows us not only what sets thriving groups apart, but also how each of us can cultivate more fulfillment, joy, and aliveness in our own lives.

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FLOURISH: The Art of Building Meaning, Joy, and Fulfillment

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For more information please visit <http://danielcoyle.com/> or randomhousebooks.com.

You can find the author on Facebook, LinkedIn and on Twitter @DanielCoyle

About The Author

Daniel Coyle is the *New York Times* bestselling author of *The Culture Code*, which was named Best Business Book of the Year by Bloomberg, BookPal, and Business Insider. Coyle has served as an advisor to many high-performing organizations, including the Navy SEALs, Microsoft, Google, and the Cleveland Guardians. His other books include *The Talent Code*, *The Secret Race*, *The Little Book of Talent*, and *Hardball: A Season in the Projects*, which was made into a movie starring Keanu Reeves. Coyle was raised in Anchorage, Alaska, and now lives in Cleveland Heights, Ohio, during the school year and in Homer, Alaska, during the summer with his wife, Jenny, and their four children.

Early Praise for FLOURISH:

“An eye-opening book about why certain people, projects, and places make us feel alive. With his signature combination of captivating cases, surprising science, and pristine prose, Dan Coyle reveals how to build a more vibrant life.”

—**Adam Grant**, #1 *New York Times* bestselling author of *Hidden Potential* and *Think Again*,
and host of the podcast *Re:Thinking*

“Daniel Coyle’s superpower is spotting patterns that others miss, and in this book he brings it to one of life’s most profound questions: what does it take to truly flourish? Combining rigorous science with unforgettable storytelling, he traces connections across seemingly unrelated worlds to reveal the blueprint for building lives and communities that are rich with meaning. Flourish is an essential read for anyone seeking to understand—and cultivate—what makes life worth living.”

—**Lisa Damour, PhD**, *New York Times* bestselling author of *Untangled* and *Under Pressure*

“Daniel Coyle is one of my favorite writers, and in *Flourish*, he redefines what we mean by a meaningful life. Faced with a personal loss and reckoning, he discovers a simple but profound idea: Flourishing isn’t something we find, it’s something we create. Coyle takes us from an Alaskan ballet fueled by community spirit to a Nairobi nonprofit transforming lives, to a New England town that somehow keeps producing Olympians. Drawing on years of research and intimate storytelling, he uncovers what allows individuals and groups to genuinely succeed—not through formulas, but through presence, connection, and purposeful collaboration. With compassion and clarity, Coyle shows that flourishing is a learnable craft. This is a book for anyone who’s ever asked, How can I live—and help others live—a more vital, connected, and purposeful life?”

—**Charles Duhigg**, bestselling author of *Supercommunicators* and *The Power of Habit*