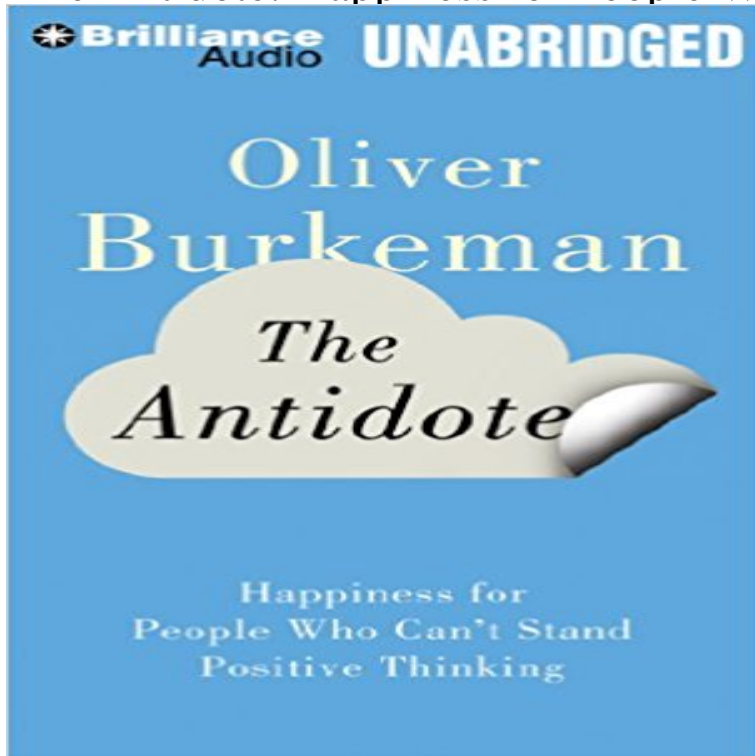


## The Antidote: Happiness for People Who Cant Stand Positive Thinking



For a civilization so fixated on achieving happiness, we seem remarkably incompetent at the task. Self-help books don't seem to work. Few of the many advantages of modern life seem capable of lifting our collective mood. Wealth? even if you can get it? doesn't lead to happiness. Romance, family life and work often seem to bring stress as much as joy. We can't even agree on what happiness means. So are we engaged in a futile pursuit? Or are we just going about it the wrong way? In this fascinating audiobook, Oliver Burkeman introduces us to an unusual collection of people? experimental psychologists and Buddhists, terrorism experts, spiritual teachers, philosophers and business consultants? who share a single, surprising way of thinking about life. They argue that in our personal lives, and society at large, it's precisely our constant effort to be happy that is making us miserable. That positive thinking isn't the solution, but part of the problem. And that there is an alternative, negative path to happiness and success that involves embracing failure, pessimism, insecurity and uncertainty? those things we spend our lives trying to avoid. Thought-provoking, counter-intuitive, and ultimately uplifting, *The Antidote* is a celebration of the power of negative thinking.

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