

The Antidote Happiness For People Who Cant Stand Positive Thinking Ebook Oliver Burkeman

The Antidote Happiness For People Who Cant Stand Positive Thinking Ebook Oliver Burkeman - The Antidote: Happiness for People Who Can't Stand Positive Thinking [Oliver Burkeman] on Amazon.com. *FREE* shipping on qualifying offers. Success through failure, calm through embracing anxiety? a totally original approach to self-help Self-help books don't seem to work. Few of the many advantages of modern life seem capable of lifting our collective mood. The Antidote: Happiness for people who can't stand positive thinking, by Oliver Burkeman, is a challenging, but ultimately liberating discussion on the virtues of the "backward path" to happiness. The author begins by exploring the short comings of the modern-day fixation on positive thinking. The Antidote: Happiness for People Who Can't Stand Positive Thinking. Looking both east and west, in bulletins from the past and from far afield, Oliver Burkeman introduces us to an unusual group of people who share a single, surprising way of thinking about life. Whether experimental psychologists, terrorism experts, Buddhists, ... The Antidote by Oliver Burkeman - review. However you answer, Oliver Burkeman's The Antidote is like a Pimm's on a summer's day: refreshing if consumed by those already sceptical about the power of positive thinking, bracing if splashed in the face of those who aren't.