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attempts to provide a counterpoint to the ubiquitous positive-thinking messages we hear, from *The Secret* to corporate goal setting. He argues that our attempts to find happiness by thinking positively, concentrating on success, eliminating doubt, and setting

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However you answer, Oliver  
Burkeman's The Antidote is like a

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Pimm's on a summer's day: refreshing if consumed by those already sceptical about the power of positive thinking, bracing if splashed ...

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And that there is an alternative path to happiness and success that involves embracing failure, pessimism, insecurity, and uncertainty—the very things we spend our lives trying to avoid.

Thought-provoking,

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counterintuitive, and ultimately uplifting, The Antidote is the intelligent person's guide to understanding the much-misunderstood idea of happiness.

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Humanity is to be celebrated but it is no antidote to injustice. “ Just as in Rama ’ s story, there is happiness only when the people can celebrate a return home, it will only be Diwali for me when all the jailed human rights defenders come home. ”

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help advice on its head and paradoxically forces us to rethink our attitudes towards failure, uncertainty and death. It's our constant efforts to avoid negative thinking that cause us to feel anxious, insecure and unhappy. What if happiness can be found



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and useful words on happiness to  
be published in recent years'  
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For a civilization so fixated on  
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remarkably incompetent at the  
task. Self-help books don't seem to

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work. Few of the many advantages of modern life seem capable of lifting our collective mood.

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us miserable, that positive thinking isn't the solution, but part of the problem. They propose an alternative, "negative path" to happiness and success that involves embracing failure, pessimism, insecurity, and uncertainty--those things we

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human happiness? It's a subject that has occupied some of the greatest philosophers of all time, from Aristotle to Paul McKenna – but how do we sort the good ideas from the terrible ones? Over the past few years, Oliver Burkeman has travelled to some of the



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A deeply original exploration of  
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ancient Chinese ideal that  
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beginning to understand—and why it is so essential to our well-being. Why is it always hard to fall asleep the night before an important meeting? Or be charming and relaxed on a first date? What is it about a politician who seems wooden or a comedian whose

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jokes fall flat or an athlete who chokes? In all of these cases, striving seems to backfire. In *Trying Not To Try*, Edward Slingerland explains why we find spontaneity so elusive, and shows how early Chinese thought points the way to happier, more authentic



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lives. We've long been told that the way to achieve our goals is through careful reasoning and conscious effort. But recent research suggests that many aspects of a satisfying life, like happiness and spontaneity, are best pursued indirectly. The early

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Chinese philosophers knew this, and they wrote extensively about an effortless way of being in the world, which they called wu-wei (oo-way). They believed it was the source of all success in life, and they developed various strategies for getting it and

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hanging on to it. With clarity and wit, Slingerland introduces us to these thinkers and the marvelous characters in their texts, from the butcher whose blade glides effortlessly through an ox to the wood carver who sees his sculpture simply emerge from a

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solid block. Slingerland uncovers a direct line from wu-wei to the Force in Star Wars, explains why wu-wei is more powerful than flow, and tells us what it all means for getting a date. He also shows how new research reveals what 's happening in the brain when we 're

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in a state of wu-wei—why it makes us happy and effective and trustworthy, and how it might have even made civilization possible.

Through stories of mythical creatures and drunken cart riders, jazz musicians and Japanese motorcycle gangs, Slingerland

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effortlessly blends Eastern thought and cutting-edge science to show us how we can live more fulfilling lives. *Trying Not To Try* is mind-expanding and deeply pleasurable, the perfect antidote to our striving modern culture.

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development. You will also learn : the age-old techniques that will teach you how to face life; how to be more relaxed, but more effective; how to stop being overwhelmed by your thoughts; to stop worrying. Positive thinking" is the trendy personal development



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technique. It encourages you to focus on the positive and to visualize a brighter future. This formula is omnipresent, whether in magazines, seminars or television shows: it is impossible to escape it. Gurus, stars and even researchers surf this wave, which

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is supposed to be the key to greater happiness. According to Oliver Burkeman, however, this technique is harmful and counterproductive. It deludes you and does not prepare you for adversity. He, on the contrary, urges his readers to use other

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