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And that there is an alternative, 'negative 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, counter-intuitive and ultimately uplifting, The Antidote

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is a celebration of the power of negative thinking.

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Positive Thinking by Oliver Burkeman - paperback
(9781847678669) published by Canongate 3 January
2013. ' A bracing detox for the self-help junkie '
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The Antidote - Happiness for People Who Can ' t Stand

...

This antidote allows for a wider range of healthy responses to life setbacks. The approach allows for the full range of positive and negative emotions to be present in response to life and what it throws at us. This open, clear eyed and more flexible response allows the reader to find their own way through what life challenges them with.

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The Antidote: Happiness for People Who Can't Stand ...
Author Oliver Burkeman | Submitted by: Jane Kivik.
Free download or read online The Antidote: Happiness for People Who Cant Stand Positive Thinking pdf (ePUB) book. The first edition of the novel was published in November 13th 2012, and was written by Oliver Burkeman. The book was published in multiple languages including English, consists of 256 pages and is available in ebook format.

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In The Antidote, Burkeman 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 specific goals actually

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make us more unhappy.
Burkeman

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1) Don ' t Try Too Hard to be Happy – it will have just the opposite effect. 2) Ancient Greek Stoicism – Keeping Calm in Chaos - is a good alternative to Positive Thinking. 3) Buddhist Thinking – Accepting That Life is Unfair and A Struggle - is a good alternative to Positive Thinking.

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The Antidote by Oliver Burkeman - review | Health, mind ...

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, counterintuitive, and ultimately uplifting, The Antidote

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is the intelligent person's guide to understanding the much-misunderstood idea of happiness.

The Antidote: Happiness for People Who Can't Stand ...
The Antidote: Happiness for People Who Can't Stand Positive Thinking by Oliver Burkeman. 9,852 ratings, 4.07 average rating, 1,090 reviews. The Antidote Quotes Showing 1-30 of 91. “ Confronting the worst-case scenario saps it of much of its anxiety-inducing power.

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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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Change Your Thinking to Change Your Life

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Problem Samsara, Nirvana, and Buddha Nature The

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