

THE SUNDAY TIMES BESTSELLER

# DERREN BROWN

# HAPPY

Why more or less everything  
is absolutely fine

'Witty, useful and beautifully written ... this book  
grappling expansively with the most profound  
questions any of us face' *Sunday Times*

Derren Brown

Happy: Why More or Less Everything Is Fine



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Everyone says they would like to be happy. But that's such as positive pondering, self-belief and environment goals—s suggested routes to happiness and success— And how do you also know when you feel it? Over the millennia, philosophers possess thought longer and hard about joy. They have defined it in many different ways and come up with myriad approaches for living the good life. even when it could not believe that way, we can enable ourselves to flourish and to live even more happily.can be disastrous to check out and, indeed, actually cause anxiety.s fine" What does getting happy actually mean?s much more quickly said than done.from the surprisingly modern wisdom of the Stoics and Epicureans in classical times till today, when the self-help industry has attempted to claim happiness as its. This brilliant, candid and deeply amusing publication exposes the flaws in these ways of thinking, and in return poses complicated but stimulating questions about how exactly we select to live and the way we think about death. Happy aims to reclaim pleasure also to enable us to understand the good things in lifestyle, in every their transient glory. By firmly taking control of the stories we inform ourselves, by remembering that "everything' He shows just how many of self-help' Drawing upon this vast body of function, in Happy Derren Dark brown explores changing ideas of happiness—



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Perfect antidote to a shelf full of self help books I purchased the Audible version about a whim a few days ago after hearing Derren Brown in BBC radio. I am content. Hugely idea provoking and insightful. Thoughtful and insightful We wasn't sure what this would be like - a superstar's view on philosophy? Amazing book. Great stoic tips.. I'm thinking about stoicism and Browns understanding of it makes it enjoyable to learn. Some of it really is fairly technical however the content is ideal for people interested in stoic philosophy. It actually discredits those and doesn't have a magic formula by which to make yourself happy. I'm re-reading the book just to make sure I haven't skipped anything. My feeling has changed significantly. It is absolutely magnificent, extremely well researched, beautifully and wittily written, capable of changing your look at of the world. I would recommend it with all my center. It is the ideal antidote to self- help books but simultaneously has been helpful to me in my own interactions currently. It is extremely good, well written and filled with insight and well researched details. Going back few years I had been traversing, to estimate Dante, "una selva oscura, che la via diritta period smarrita. There was nothing I had not already heard in one method or another, but Brown, through his warmth and humility and extraordinary choice of vocabulary, introduced me to fresh insights which acquired previously escaped me. everyone should read this Actually interesting and helpful book. Five Stars Excellent book Five Stars Everybody should browse this book. Have suggested it to friends already. Hugely thought provoking and insightful Amazing book. I completely love this book and am going to pay attention to it for a second time. Darn it Derren. That was the case with me in reading Content.. Husband loved this book Husband loved this book.. This was a great book to read. An extremely special book I read about 5 books per month and We am pretty well-versed in Stoic philosophy. I've also examine Bertrand Russel's traditional, The Conquest of Joy so you might state that I was familiar with many of the styles in Derren Brown's reserve, and that's the reason, perhaps, I purchased it without expecting too much from it. The reserve has totally exceeded all my goals. Look, there's grounds I go through Lucretius and Epictetus and Seneca and Marcus Aurelius. Then another person makes the same point and we experience a sort of epiphany.. Well done Derren. Sometimes we are able to read about an issue, or hear a spot discussed without fully grasping it. Personal deprecating but he recognized my foibles properly." Derren Brown's publication is strictly what I needed to read. ? One of the best books I've ever read One of the best books I've ever browse. Dare I say it? I didn't understand much about him apart from his being a magician, but believed it sounded intriguing. Many thanks Derren. Why wouldn't you read your own publication :( Great material but I'd have loved to gotten the audio version if it weren't for the narrator. This isn't a self help book.



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