



THE ANTIDOTE

HAPPINESS FOR PEOPLE WHO CAN'T
STAND POSITIVE THINKING

OLIVER BURKEMAN

"TAKES EVERY SELF-HELP BOOK YOU'VE EVER READ AND TURNS IT INSIDE OUT.... A DEEPLY
INSIGHTFUL AND ENTERTAINING BOOK." —HÉCTOR TORRES, LOS ANGELES TIMES

Oliver Burkeman

**The Antidote: Happiness for People Who Can't Stand
Positive Thinking**



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Success through failing, calm through embracing panic?a totally original approach to self-helpSelf-help books don't seem to work. And that there is an alternative way to happiness and success that involves embracing failure, pessimism, insecurity, and uncertainty?the very issues we spend our lives trying in order to avoid. Or are we simply going about it the wrong way? Whether experimental psychologists, terrorism specialists, Buddhists, hardheaded business consultants, Greek philosophers, or modern-day gurus, they argue that inside our personal lives, and in society most importantly, it's our constant effort to be happy that is making us miserable. We can't even agree on what "happiness" means. So are we engaged in a futile pursuit? Wealth?even when you can get it?doesn't necessarily lead to pleasure. Looking both east and west, in bulletins from days gone by and from much afield, Oliver Burkeman introduces us to an unusual group of people who share an individual, surprising thought process about life. Romance, family life, and work frequently bring as much stress as joy. Several many advantages of modern life seem with the capacity of lifting our collective disposition. Thought-provoking, counterintuitive, and eventually uplifting, The Antidote may be the intelligent person's guidebook to understanding the much-misunderstood notion of happiness.



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The road to serenity via acceptance of uncertainty.. Mental gymnastics around simple points. If you ask me, though, that managed to get that much more interesting. The Antidote queries, in the first chapter, our obsession with becoming happy, and by doing this it also queries the underlying folk wisdom that we neglect. ... When you can regard your thoughts and emotions about whatever you're procrastinating on as moving weather, you'll recognize that your reluctance about working isn't something that must be eradicated or transformed into positivity. The extraordinarily well-read author's path network marketing leads us from Seneca and the Stoics, past some drawbacks of goal-setting to Ulrich Tolle and the advantages of insecurity. Goals don't usually make people motivated, they can quickly make people stupid instead. Each of these is usually a starting point for his very cogent thoughts and research about a specific aspect of the journey which he is taking the reader. I must admit to having been relatively of a convert to the author's philosophy before picking right up the book, so that there is some bias here, but I truly think that most Westerners would benefit greatly from reading this reserve slowly and thoughtfully.. One of the best: "Who have says you should wait around until you 'feel want' doing something to be able to start doing it? In his Epilogue, Burkeman uses two expressions with which I had not been familiar but that have been particularly interesting to me: First, "adverse capability," reportedly coined by the poet John Keats who described it as "when [one] is with the capacity of being in uncertainties, mysteries, doubts, without any irritable reaching after fact and reason. A few of its generalities, though, had been interesting. True, there was a point in mid-read when either my brain wandered, or the writer didn't clearly explain the connection between the current topic and his main type of thought." Second is normally a term that may possess the same meaning, acceptance of "opensure," which is the reverse of closure. As a counselor and coach I've often believed that if people could end their search for certainty and/or closure they would be much happier, and I am pleased to find a phrase that describes that condition. The very thoroughly researched text ends with a thorough bibliography, so the curious can head to sources very easily. You can take note the procrastinatory emotions and work anyway. True, full security in existence is both impossible and undesirable to attain, but that doesn't stop people from trying (at great price). There are certainly things which will stick with me: when I next hear about how exactly Bob Smith became a millionaire because he was perseverant, I'll remember survivor bias--and remember that we've ignored those individuals who were perseverant and failed. But, all together, the book was too centered on philosophy and on quoting different philosophers rather than focused enough on practical matters for it to be very much use if you ask me. horrible read. In eight well researched and created chapters, Mr. The book isn't intended as a step-by-step "improve your daily life" guide like most of the positive-thinking tomes, which I

appreciated. But Perhaps the downside is certainly that the reserve also doesn't provide much for people who want to employ a more negative method of grab a your hands on.. Someone recommended this book in a poor review for another "joy" book (thank God) and within the first chapter I felt comfort! Burkeman dives in and dives in deep. And for all people irritations in lifestyle, Burkeman shows that we notice not with regards to something being completed to us (that child over there is irritating me) but in terms of how we respond (I'm annoyed because I believe he is annoying). A few of the other concepts I was more acquainted with from my psychologist hubby, such as imagining worst-case scenarios or separating your sense of personal from your feelings, and others from my work as an educator (e.g., the need for having an incremental mindset about intelligence and ability rather than an innate). He argues that our attempts to come across happiness by thinking positively In The Antidote, Burkeman attempts to provide a counterpoint to the ubiquitous positive-thinking messages we hear, from The Secret to corporate goal setting techniques. He argues that our efforts to find happiness by thinking positively, focusing on success, eliminating doubt, and setting specific goals actually make us more unhappy. Don't wait around "to feel just like doing something before starting to do it" Read at the brand new York Culture Library. This relatively short book is written in a snappy, journalistic style, fast paced and with a number of challenging and useful points. However, he (or I) came back well before the end and left me extremely glad to have read it. The problem, from this perspective, isn't that you don't experience motivated; it's that you imagine you should feel motivated. He then embarks on an very easily read examination of a number of philosophies, philosophers, and analysis sources to discover how one can more effectively find tranquility by embracing uncertainty and acceptance of what could be - whatever it could be. You can coexist with it. I would recommend Oliver Burkeman's "The Antidote" to just about anybody whose seek out certainty, or belief in positive thinking as the path to happiness, have not actually led them to the tranquility that they seek." He bases his assistance on a thought of Shoma Morita, a Japanese psychiatrist: "Could it be accurate to assume that we must 'overcome' dread to jump off the high dive at the pool, or increase our confidence before we ask someone out for a time? He dives into suffering from numerous topics that challenges the position quo and certainly areas him into some unpleasant situations, all to be able to conduct research for the book. customers frequently. To produce a long story short, The Antidote clarifies why most positivity procedures don't (and can't) work reliably to enhance human happiness. Unlike most books investigating a specific subject, Mr. I will understand that, and frankly wrote this review to be certain the thought is usually in my fingers in addition to in my brain. Robert C. Ross April 2016 GOOD PLAN Horrible book i rented this book from the library and I am an avid reader, I've had this book about a week and I

can not for the life of me see through the 20th page. Is this guy an English teacher? This is simply not an easy browse, I really like English and Grammar but I can't just casual stroll through this reserve. the message is fantastic but it's so BORING and what the author using good grief some phrases I had to bring a dictionary out! Great listen I listened to this on audible. As somebody whose response to "positive thinking" is normally eye-rolling, I was excited to learn the book, hoping to find useful tidbits that could help me make use of my even more cynical view of existence to my advantage. Zippy and satisfying Someone on Goodreads recommended me personally this book seeing that tangentially related to my death task, and We vaguely remembered being interested in it when it came out. Except for a "Memento Mori" chapter on "death as a means of life," it's mostly about living well rather than dying well - but the dichotomy is sort of a fake one, and anyways we the living will have to deal with the deaths of several others prior to our very own. So far, it's been effective for me in obtaining me off the dime and performing several times -- despite the fact that I didn't feel just like it. Monitoring your effervescent, chattering inner monologue for evidence of happiness actually causes you to hone in on the negative emotions within. Visualizing what can fail is often a lot more instructive than visualizing what can proceed right. He pays a fairly entertaining go to to a museum dedicated to products that failed in the marketplace, the "survivor bias," and a conversation about the widespread avoidance of thoughts about death. That could probably be most people. lend this publication to friends &. Not what you expect This book was not what I expected it to be. Not merely he is rehashing someone else's point, but also, he adds way too many metaphors and educational adjuncts in attempt of making shallow jokes and making the conclusions sound smarter than what they are. I am hoping it has fulfilled my 20 word necessity as I don't enjoy the pressure of sounding smart with a review. VERY good book I'm a therapist & Failure has become a little trendy because the book was published, but Burkeman is still right that many failures go regrettably unexamined and unlearned from."Basic, to the point. Why are we so addicted to happiness when happiness isn't what we need? I picked up this reserve at Carmichael Books in Louisville. It sat there, quite innocuous with a rather mundane title and a rather funny searching cover. I'd read about the publication previously and the topic looked entertaining, therefore i bought it. Little did I know that this was going to change my world view completely. The author essentially examines the belief in positive considering and the mental denial of failure, and highlights the level to which such beliefs frequently lead do NOT lead to happiness, but to emotions of disappointment and self-blame. Specific things like our cult like adhesion to the western description of joy, our goal setting techniques habit, our aversion to whatever smacks of negativity, our fear of failure, our discomfort with loss of life, and our deep seated

dread of uncertainty. And while there are some points in the book I found interesting, I was also disappointed by the vague and philosophy-large descriptions of alternatives to positive thinking Burkeman presents, from Buddhist meditation to Stoicism. Or, the easiest method to avoid procrastination is not to attempt to "feel like" doing something--just perform it regardless. Once you figure out list of positive actions, just carry out it. Odd bits of knowledge and the authors wit actually made this a lot more interesting. If it had been, many of us would be waiting to perform these things. After reading several "finding happiness" books I was even more consumed with stress because I couldn't follow 100 guidelines to happiness or just think positively, etc. I definitely recommend this publication! happiness? who knows? Relief at last We've never been someone to read self help books (not that there's anything wrong with those who perform) it's just never been my cup of tea. For instance, Burkeman argues that instead of collection goals, people should consider share of what they have, and begin functioning from there. I'm not alone! I'm not the only skeptic or realist out there! I plan on doing more reading about stoicism plus some of the books referenced in this reserve (I tried eckhart tolle's book some time back before this one and although a whole lot of it made sense it was just too gradual for me) I purchased the audible edition and the narrator was great. However, I've experienced a funk recently after a family death and felt very lost and ended up searching for something?! Acquiring this publication back and staying a long way away from this writer I do not like this writing style at all! I completely enjoyed it since it got me from the leap with the title. excessive use of he stated, she said plus they said make an extremely boring and slow examine. If below 3, what kind of idiot would finish the book in the first place. Journalistic design of the books is incredibly away putting. I was at my regional library looking for Eckhart Tolle books (ironically) and when I searched the catalog this reserve popped up in the list. Everything all fits in place, of course, and when you can apply everything you learn it does help. I am told I believe pretty negatively, so, why not give this a try? This book really makes you think. I didn't just find out about a negative method of happiness; I learned all about stoicism, Seneca, and also that there is a "museum of failures" in Michigan. Burkeman does not just cite and regurgitate educational research results, although he will a quite acceptable job of that. THEREFORE I grabbed it and made my way home. It's not meant to be a step-by-step guide to the harmful approach. and more An excellent book, particularly for folks experiencing "existential angst" (my definition being that they feel depressed and anxious approximately their lives, the state of the world in general, and their place in it).



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