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Thinking Ebook
Oliver Burkeman

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**The Antidote
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People**

Oliver Burkeman
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.

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concentrating on success, eliminating doubt, and setting specific goals actually make us more unhappy.

The Antidote: Happiness for People Who Can't Stand ...

The Antidote is a series of journeys among people who share a single, surprising way of thinking about life.

What they have in

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common is a hunch about human psychology: that it's our cons. A witty, fascinating, and counterintuitive read that turns decades of self-help advice on its head and forces us to rethink completely our attitudes toward failure, uncertainty, and death.

**The Antidote:
Happiness for
People Who Can't**

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Happiness For **Stand ...**

In The Antidote, Cant
Burkeman explores
many definitions of the
concept of happiness:
having everything you
need; setting goals
that you work toward
and reach; living
without regret;
enjoying every
moment of your life;
always feeling positive
about your life; living
without fear of death;
feeling safe and
secure; believing in

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yourself and your ability to succeed; living with mystery and uncertainty. He dismisses some of these and embraces others.

The Antidote: Happiness for People Who Can't Stand ...

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(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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Company Book Description : The Antidote: Happiness for people who can't stand positive thinking is an exploration of a radically new path to happiness...

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Happiness for People Who Can't Stand ...

The Antidote-
Happiness for people
who can't stand
positive thinking is an
exploration of a
radically new path to
happiness. They all
believe that there is an
alternative 'negative
path' to happiness and
success that involves
coming face-to-face
with, even embracing,
precisely the things we

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spend our lives trying
to avoid.

The Antidote: Happiness for People Who Can't Stand ...

The Antidote:
Happiness for People
Who Can't Stand
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Oliver Burkeman.

9,794 ratings, 4.07
average rating, 1,081
reviews. The Antidote
Quotes Showing 1-30
of 91. "Confronting the

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worst-case scenario saps it of much of its anxiety-inducing power.

The Antidote Quotes by Oliver Burkeman

He writes a popular weekly column on psychology, "This Column Will Change Your Life," and has reported from New York, London, and Washington. He is the author of *The Antidote: Happiness for People*

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Who Can't Stand
Positive Thinking. He
lives in New York City.
Start reading on your
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minute.

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However you answer,
Oliver Burkeman's The
Antidote is like a
Pimm's on a summer's
day: refreshing if
consumed by those

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already sceptical about the power of positive thinking, bracing if splashed ...

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

Wise, practical and funny, The Antidote is a thought-provoking, counter-intuitive and ultimately uplifting read, celebrating the power of negative thinking. 'Burkeman

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has written some of
the most truthful and
useful words on
happiness to be
published in recent
years' Guardian
Oliver Burkeman

The Antidote: Happiness for People Who Can't Stand ...

And that there is an
alternative path to
happiness and success
that involves
embracing failure,
pessimism, insecurity,

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and uncertainty—the very things we spend our lives trying to avoid. Thought-provoking, counterintuitive, and ultimately uplifting, The Antidote is the intelligent person's guide to understanding the much-misunderstood idea of happiness.

**The Antidote | Oliver
Burkeman |
Macmillan**

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0865478015 Date
read: 2014-06-28 How
strongly I recommend
it: 8/10 (See my list of
200+ books, for
more.). Go to the
Amazon page for
details and reviews..
Surprisingly deep and
philosophical.

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Happiness For People Who Can't Stand ...

'The Antidote is a gem. Countering a self-help tradition in which "positive thinking" too often takes the place of actual thinking, Oliver Burkeman returns our attention to several of philosophy's deeper traditions and does so with a light hand and a wry sense of humor.

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Happiness for People Who Can't Stand ...

The antidote :
happiness for people
who can't stand
positive thinking.

[Oliver Burkeman] --
Exploring the dark side
of the theories put
forth by such icons as
Norman Vincent Peale
and Eckhart Tolle by
looking to both ancient
philosophy and current
business theory,
Burkeman--a feature

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People Who Cant

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An illustrated
introduction to The
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**The Antidote by
Oliver Burkeman -**

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The Antidote succeeds in throwing cold water on the pervasive idea that deliberate positive thinking will generally result in increased happiness. At the very least, positive thinking clearly doesn't work the way its admirers promise — it's not you, it's them!

The Antidote Summary - Four Minute Books

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The Antidote is a series of journeys among people who share a single, surprising way of thinking about life. What they have in common is a hunch about human psychology: that it's our constant effort to eliminate the negative that causes us to feel so anxious, insecure, and unhappy.

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Happiness for**

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People Who Can't Stand ...

The Antidote is a series of journeys among people who share a single, surprising way of thinking about life.

What they have in common is a hunch about human psychology: that it's our constant effort to eliminate the negative that causes us to feel so anxious, insecure, and unhappy.

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Oliver Burkeman,
winner of the Foreign
Press Association
Young Journalist of the
Year Award, explores
"happiness for people
who can't stand
positive thinking..."

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