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People Who

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For People

Who Can't

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help junkie'  
Guardian

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allows for a

wider range of  
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responses to

life setbacks.

The approach

allows for the

full range of

positive and

negative

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a series of

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people who share

a single,  
surprising way

of thinking  
about life. What

they have in  
common is a

hunch about  
human

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its head and  
forces us to  
rethink  
completely our  
attitudes toward  
failure,

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uncertainty, and  
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November 13th

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written by

Oliver Burkeman.

The book was

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provide a  
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Argues that our attempts to find happiness by thinking positively, concentrating on success, eliminating doubt, and setting specific goals actually make us more unhappy.

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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  
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People Who  
And that there

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alternative path

to happiness and

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spend our lives  
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person's guide  
to understanding  
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idea of  
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of much of its  
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