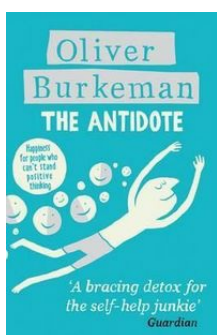


THE ANTIDOTE: HAPPINESS FOR PEOPLE WHO CAN'T STAND POSITIVE THINKING

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Peek Inside the Book

For the Stoics, then, our judgments about the world are all that we can control, but also all that we need to control in order to be happy; tranquility results from replacing our irrational judgments with rational ones Oliver Burkeman, The Antidote: Happiness for People Who Can't Stand Positive Thinking //

Reader's Opinions

Originally published in English as The Antidote: Happiness for People Who Can't Stand Positive Thinking I have always had a sort of love-hate relationship with positive thinking. On the one hand, telling myself that things'll work out somehow, helped silence my panic-stricken rants. Interestingly enough, these rants where mostly fueled...