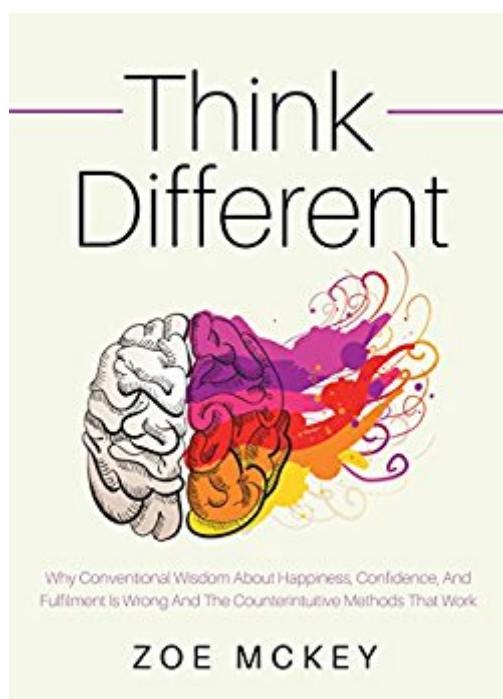


The book was found

Think Different: Why Conventional Wisdom About Happiness, Confidence And Fulfillment Is Wrong And The Counterintuitive Methods That Work



Synopsis

Do you feel that your life lacks meaning and purpose? Have you lost the idea of who you truly are? Do you avoid the real problems in your life? Fears and insecurities are completely normal, but how can we deal with them in a proactive and healthy manner? Think Different will answer this question. We've been told that positive thinking, repeating affirmations and "faking it till you make it" were the key to a happy, fearless, confident living. But do they lead to happiness? Our smartest philosophers have been seeking the answer to this question for thousands of years. In the 20th century, the key to happiness seems to be having more, working less, having fun, being skinny and taking fancy pictures for social media. Somewhere between the improved living standards, positive thinking and gigantic expectations we're choking on anti-depressants, alcohol, cheeseburgers and our tears. Learn how to turn the expectation ship around. This book is a raw, honest, deeply personal, refreshingly transparent look at why and how we sabotage our own lives and what to do about it. It goes against the conventional be-happy-at-all-costs mindset. This book uses a combination of the profound and the practical, backed by academic research to help us understand why we feel overwhelmed, lacking meaning and insecure over time and how to rise above them. Learn to see pain as a teacher. -Reduce stress and worry in your life -Overcome insecurity and self-doubt -Handle physical and mental pain and fear more effectively -Crush self-sabotaging "positivity" habits -Value the whole range of emotions that make up life -Understand what life is really made of. -Why success doesn't lead to happiness -How eliminating options leads to more choice -How "positive thinking" brainwashed generations, keeping them from real happiness -How to discover your limitations and accept them -How to choose to care about the things that truly matter in life -The moment you accept that life isn't supposed to be painless, that having fears, flaws and doubts is utterly human, once you stop chasing happiness, perfectionism, and compulsory compliance, you'll start seeing the real meaning of life. Stop avoiding your problems. Confront them instead. This may hurt and be unpleasant at first, but it liberates you from your self-made prison. Catch courage, cling on curiosity, practice perseverance, and find forgiveness. Hit BUY NOW on the top right corner of this page and learn how to live a better life being 100% human instead of 100% positive.

Book Information

File Size: 1346 KB

Print Length: 150 pages

Publisher: Kalash Media (July 20, 2017)

Publication Date: July 20, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B0744JB5MW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #10,885 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2
in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Depression #3 in Kindle Store > Kindle eBooks > Business & Money > Industries > Information Management #4 in Kindle Store > Kindle eBooks > Business & Money > Education & Reference > Education

Customer Reviews

The book puts a realistic perspective on how to live life. I used to chase different types of self help books looking to find the perfect combination of how to live. You know those ones that suggest you visualizing the bus coming in time and repeating random mood boosters that you don't believe in front of a mirror. This book is quite the opposite. First it breaks down why the conventional self-help mojos don't work, gives real examples as proofs, then dives into the real stuff that can indeed bring change. A great perspective on the importance of expecting and dealing with life's stressors.

I've read many, many self improvement books and it is a long time since I read one that provided so many useful new insights. I'm telling everyone I know to read it. The other day a friend called me with a problem wanting to know what to do and I told her that she already knew what she was going to do (and doing it) but the situation still sucked because, sometimes, that's just the way it is. She was in awe of my wisdom and I was only half way through the book. So cool haha!

If you take away one or two ideas from this book and apply them to your life it's worth the read. I

plan to practice a couple for life not fearing when the end will be. The author addresses many issues in this book that will force you to think critically about your life values and direction. I definitely recommend this for someone suffering from anxiety or life in general.

This book is exactly what I needed. While this book might not be life changing for many of its readers it will be for some. And that's all that matters. For me it was. It was in the most illuminating and calming way possible. However, it didn't feel like a blast, but rather like the last drop in the bucket of realization- the last piece of the puzzle, the crown of a major idea in life.

I learned a lot thanks to this book. Not necessarily earth shatteringly new stuff but rather things I know and still I don't pay attention on. And these little things make the big change. This book was informative and insightful for anyone looking to change their perspective on how life works. I recommend this book for anyone struggling with their identity or how they should approach life.

This is an inspiring read to anyone who is, open to a new way of thinking about everyday things in their life. It has opened my eyes to new things and reminded me of the old things that I used in my youth to overcome many obstacles. I have taken charge of a lot of things in my life that I really tormented over in the past. What I failed to take notice of were the methods that I used to accomplish those actions. While reading this book, I began to remember and thanks to the author, I now have a good grasp on the old and new methods that he talks about. I want to encourage everyone who has issues that have been left unresolved, to read this book.

This has been a very inspiring read for me. This book is a raw, honest, deeply personal, refreshingly transparent look at why and how we sabotage our own lives and what to do about it. It goes against the conventional be-happy-at-all-costs mindset. This book uses a combination of the profound and the practical, backed by academic research to help us understand why we feel overwhelmed, lacking meaning and insecure over time and how to rise above them. Overall this is really a very informative book to read and I will proudly recommend this to all my family and friends.

This book has completely changed the way I look at pain, at responsibility, and at how I define myself and my life. It does have an effective presentation and small stories to give you some time to soak in what she means. I'd recommend this as helpful or just a good general read.

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