

## The Other Side of Happiness: Embracing a More Fearless Approach to Living (Paperback)



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### **Reviews**

*This is basically the very best book i have read right up until now. It is definitely simplistic but excitement in the 50 % from the ebook. Your daily life period will likely be transform as soon as you total reading this article pdf.*  
*(Prof. Ambrose Pollich DDS)*

## THE OTHER SIDE OF HAPPINESS: EMBRACING A MORE FEARLESS APPROACH TO LIVING (PAPERBACK)



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Penguin Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Pain is bad, right? In this fascinating book, Brock Bastian will convince you otherwise. Drawing on both vivid everyday examples and surprising laboratory findings, he shows how pain, suffering, and struggle give us pleasure, make us kinder, focus our thoughts, and give our life meaning. Bastian is a brilliant researcher and deep thinker and THE OTHER SIDE OF HAPPINESS is a delight to read Paul Bloom, author of AGAINST EMPATHY Brock Bastian skilfully shatters the zeitgeist of positive thinking, showing how struggle and suffering are vital elements of a life well lived Adam Grant, author of ORIGINALS and OPTIMUM with Sheryl Sandberg If you're tired of all the simple minded books telling you to just cheer up and be happy, this is the book for you! Roy F. Baumeister, author of WILLPOWER: REDISCOVERING THE GREATEST HUMAN STRENGTH Explains why hardship sometimes yields richer lives that are laden with meaning, deep social connections, and unexpected bliss. A beautifully written and important book that should be required reading for anyone who's ever wondered why well-being so often flourishes in unexpected places Adam Alter, author of DRUNK TANK PINK In today's culture, happiness has become the new marker of success, while hardships are viewed as personal weaknesses, or problems to be fixed. We increasingly try to eradicate pain through medication and by insulating ourselves from risk and offence, despite being the safest generation to have ever lived. Yet in his research, renowned social psychologist Brock Bastian has found that suffering and sadness are neither antithetical to happiness nor incidental to it: they are a necessary ingredient for emotional well-being. Drawing on psychology, neuroscience and internationally acclaimed findings from Bastian's own lab, The Other Side of...



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