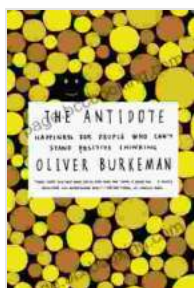


Happiness for People Who Can't Stand Positive Thinking

In a world that's constantly telling us to be happy, it can be difficult to admit that we're not always feeling it. But what if happiness isn't about being positive all the time? What if it's about accepting and embracing the full range of human emotions?



The Antidote: Happiness for People Who Can't Stand Positive Thinking by Oliver Burkeman

★★★★☆ 4.5 out of 5

Language	: English
File size	: 925 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 257 pages



That's the premise of *Happiness for People Who Can't Stand Positive Thinking*, a new book by Dr. Susan David. David argues that positive thinking can actually be harmful, because it can lead us to suppress our negative emotions and deny our true feelings.

Instead, David encourages us to practice "emotional agility," which is the ability to accept and embrace all of our emotions, both positive and

negative. She argues that by doing so, we can learn to live more authentic and fulfilling lives.

David's book is full of practical advice and exercises that can help you develop emotional agility. She shows you how to identify and challenge your negative thoughts, how to accept and embrace your emotions, and how to build resilience in the face of adversity.

If you're tired of the constant pressure to be happy, *Happiness for People Who Can't Stand Positive Thinking* is a refreshing and empowering read. David offers a new perspective on happiness that is both realistic and achievable.

Why You Should Read This Book

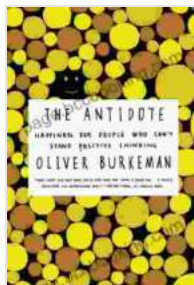
- You're tired of the constant pressure to be happy.
- You want to learn how to accept and embrace all of your emotions.
- You want to develop emotional agility and resilience.
- You're looking for a realistic and achievable approach to happiness.

What You'll Learn from This Book

- The dangers of positive thinking.
- The benefits of emotional agility.
- How to identify and challenge your negative thoughts.
- How to accept and embrace your emotions.
- How to build resilience in the face of adversity.

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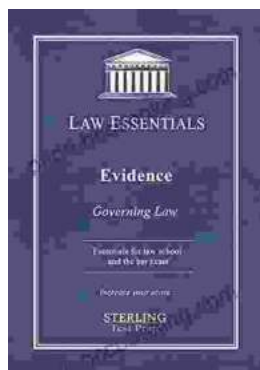
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