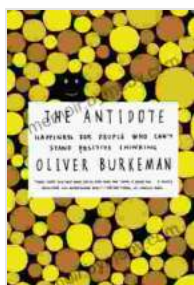


Happiness for People Who Can't Stand Positive Thinking

Are you sick of being told to "just think positive"? Do you roll your eyes at affirmations and meditation? If so, this book is for you.



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



Happiness for People Who Can't Stand Positive Thinking is a witty, evidence-based guide to happiness for those who are tired of the Pollyanna approach to life. Drawing on the latest research in psychology, author Morton Hunt presents a fresh perspective on what really makes us happy. It's not about denying your negative emotions or forcing yourself to be optimistic. It's about understanding the role that negative emotions play in our lives and learning how to manage them in a healthy way.

Hunt argues that happiness is not a state of constant bliss. In fact, it's perfectly normal to experience negative emotions from time to time. The

key is to not let these emotions overwhelm you. Instead, you need to learn how to accept them and move on.

Hunt offers a number of practical tips for managing negative emotions.

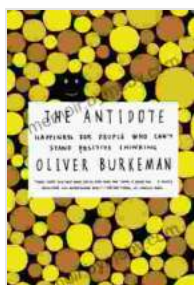
These tips include:

- **Allow yourself to feel your emotions.** Don't try to suppress or deny them.
- **Be kind to yourself.** Forgive yourself for your mistakes and accept yourself for who you are.
- **Focus on the present moment.** Don't dwell on the past or worry about the future.
- **Practice gratitude.** Take time each day to appreciate the good things in your life.
- **Help others.** ng good for others can make you feel good about yourself.

Hunt also provides a number of exercises that can help you to practice these tips. These exercises include:

- **The Gratitude Journal.** Write down three things you're grateful for each day.
- **The Random Acts of Kindness Generator.** This website generates random acts of kindness that you can do for others.
- **The Mindfulness Meditation.** This meditation practice can help you to focus on the present moment and let go of negative thoughts.

If you're tired of the Pollyanna approach to happiness, *Happiness for People Who Can't Stand Positive Thinking* is the book for you. This witty, evidence-based guide will help you to understand the role that negative emotions play in our lives and learn how to manage them in a healthy way. You'll also find a number of practical tips and exercises that can help you to increase your happiness.



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