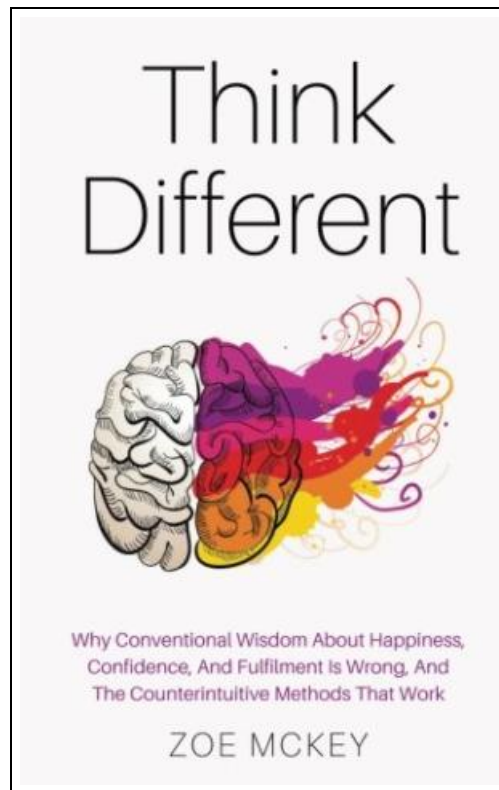


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you feel that your life lacks meaning and purpose? Have you lost the idea of who you truly are? Do you 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...



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