



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

By Brock Bastian

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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 OBTION B 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 THEGREATEST 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...



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