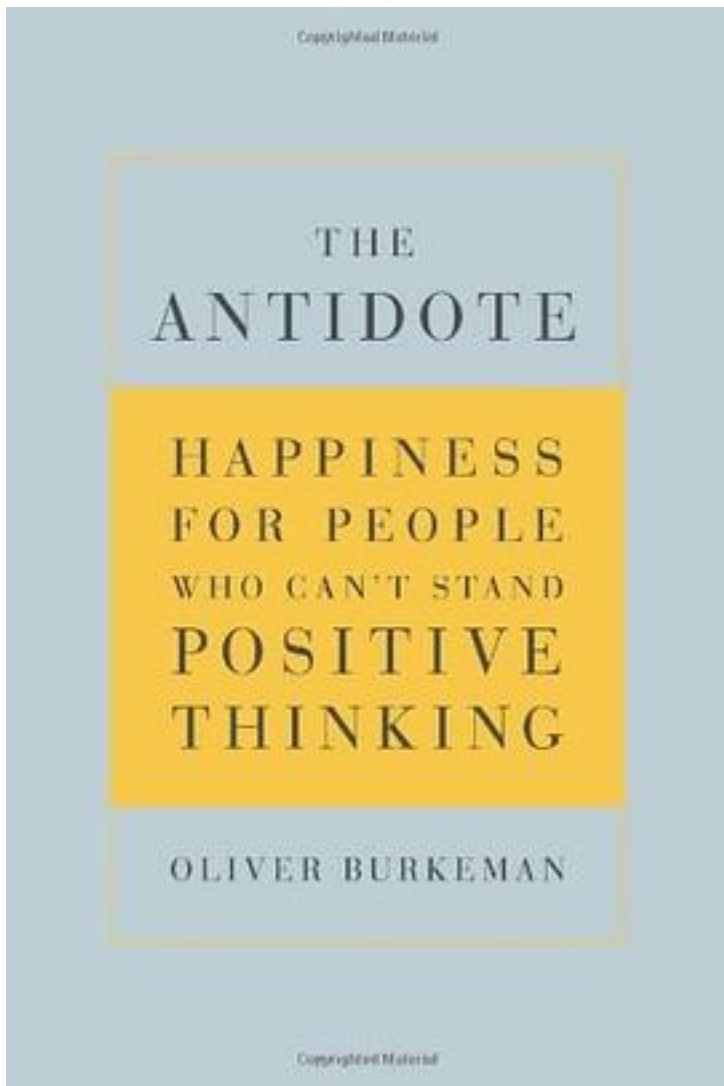


The Antidote



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For a civilisation so fixated on achieving happiness, we seem remarkably incompetent at the task.

Self-help books don't seem to work. Few of the many advantages of modern life seem capable of lifting our collective mood. Wealth - even if you can get it - doesn't lead to happiness. Romance, family life and work often seem to bring stress as much as joy. We can't even agree on what 'happiness' means.

So are we engaged in a futile pursuit? Or are we just going about it the wrong way? What if it's our constant efforts to feel happy that are making us miserable?

In this fascinating new book, Oliver Burkeman introduces us to an unusual collection of people - experimental psychologists and Buddhists, terrorism experts, spiritual teachers, business consultants, philosophers - who share a single, surprising way of thinking about life. They argue that in our personal lives, and in society at large, it's our constant effort to be happy that is making us miserable. And that there is an alternative, 'negative path' to happiness and success that involves embracing failure, pessimism, insecurity and uncertainty - the very things we spend our lives trying to avoid.

Thought-provoking, counter-intuitive and ultimately uplifting, The Antidote is a celebration of the power of negative thinking.

作者介绍:

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标签

心理学

心理

心理學

成长

态度

負能量

社科

心灵

评论

Nir Eyal推荐；白熊效应原来是这回事，耶鲁目标致成功例子是假的

看作者去采访和参加活动蛮有意思的，其他内容还是多看看正经社科比较有用。

我覺得之前我一直賤行的特別像書中寫的當代斯多葛派的無神論者。一直以來我都覺得以為追求積極思維，病態迷戀正能量和樂觀主義有其問題，也覺得坊間很多對於冥想的說法有些怪異，但覺得找不到合適的語言去形容。這本書替我解決了這個問題。在此我並不想說這本書講的觀點就一定正確，它也許只是和我的思維剛好啮合而已。但對於那些飽受積極思維，目標崇拜困擾的人來說，我強烈推薦此書。此外，最喜歡書中說的「我不需要有動力才能開始做事」，開始做就行了。

负面情绪，改变，目标，死亡，接受事物本来的样子，而不是个人希望的那样，毕竟自己不是上帝

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书评

这本书，号称是反鸡汤，兜兜转转，却依旧是追寻幸福的药水。本书从第一章就告诉你，我们太过努力地想要开心，所以才无法开心。第二章到第三章，作者讨论了斯多葛主义和佛教的苦修，告诉我们要拥抱悲伤、跳脱情绪才是王道。第四章讨论了也许我们不应该制定各种目标；第五章讨...

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