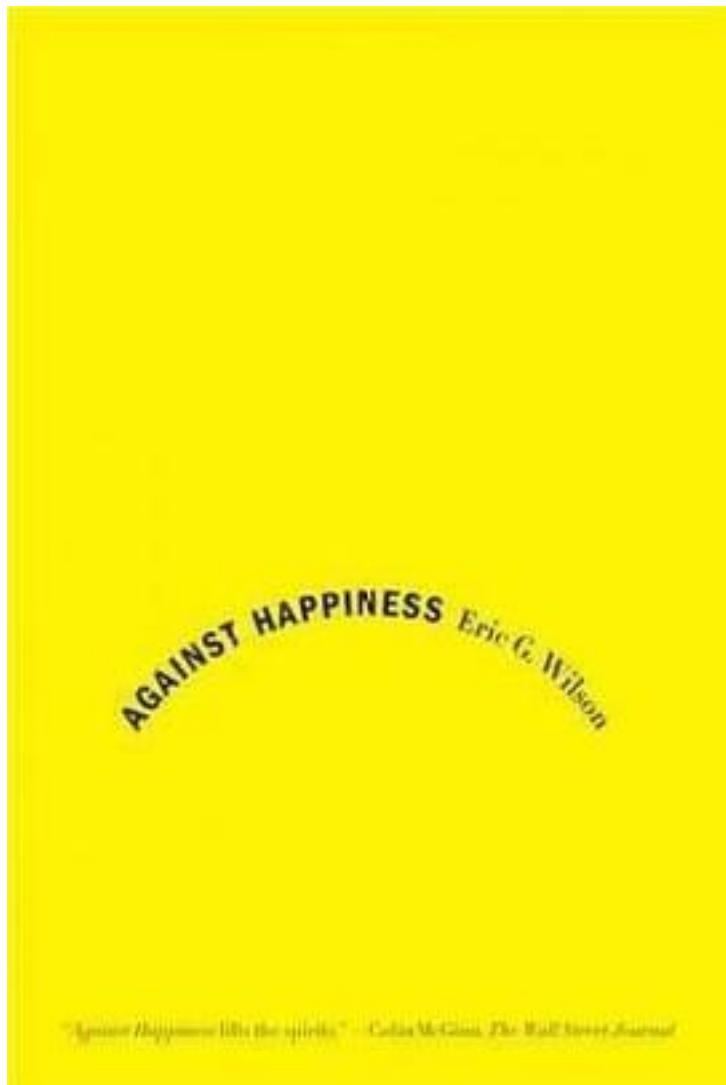


Against Happiness



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We are addicted to happiness. More than any other generation, Americans today believe in the power of positive thinking. But who says we're supposed to be happy? In Against Happiness, the scholar Eric G. Wilson argues that melancholia is necessary to any thriving culture, that it is the muse of great literature, painting, music, and innovation--and that it is the force underlying original insights.

So enough Prozac-ing of our brains. Let's embrace our depressive side as the wellspring of creativity. It's time to throw off the shackles of positivity and relish the blues that make us human.

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评论

勉强给三星。前面的废话太多，观点也不够新颖

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