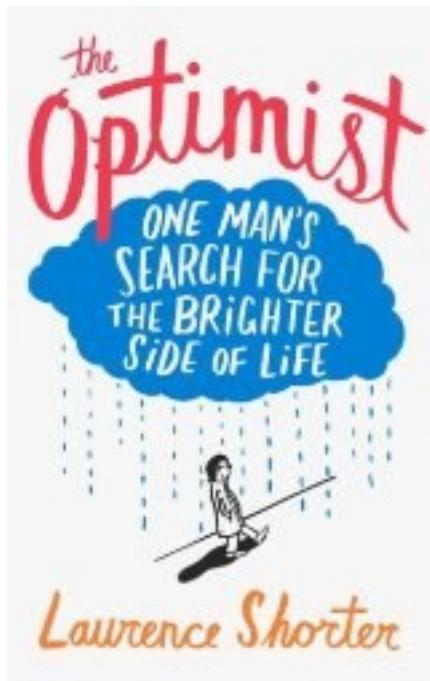


The Optimist



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著者:Laurence Shorter

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When it comes to bad news, we've never had it so good.

Laurence Shorter is feeling anxious. Every time he opens a newspaper or turns on the radio he finds another reason to be tearful. It's time to make a change. It's time to be optimistic!

His plan is simple:

1. Learn how to jump out of bed in the morning.

2. Secure personal happiness.

3. Save the world.

The Optimist charts Shorter's ambitious, year-long, international quest to seek out the world's most positive thinkers, including Archbishop Desmond Tutu, Jung Chang, Matthieu Ricard, California's renowned Surfing Rabbi, and Bill Clinton. But optimism doesn't come easy, and Shorter's resolve is tested at every corner: by a flagging career, a troubled love affair, and his ever-pessimistic dad.

The Optimist is a hilarious and ultimately life-affirming stand against the grind of everyday strife, packed with reasons to be cheerful.

作者介绍:

Laurence

Shorter是一名爱讲笑话的喜剧演员和作家。从2001年开始，他进入著名的Old Vic Theatre，开始边表演边写作的生活。他的表演作品出现在BBC, Channel 4, 观察家报, 独立报、opendemocracy.net、爱丁堡艺术节以及伦敦各大剧院。

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