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"Happiness is often found in those moments we are most vulnerable, alone or in pain. Happiness is there, on the edges of these experiences, and when we get a glimpse of that kind of happiness it is powerful, transcendent and compelling."

The Other Side of Happiness:
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Drawing on psychology, neuroscience
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from Bastian's own lab, The Other
Side of Happiness encourages us to
take a more fearless approach to
living. The most thrilling moments of
our lives are often balanced on a knife

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edge between pleasure and pain,
whether it is finding your true love,
holding your new-born for the first
time, finishing a marathon or even
plunging into an icy sea.

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Drawing on psychology, neuroscience,
and internationally acclaimed findings
from Bastian's own lab, *The Other
Side of Happiness* encourages us to
take a more fearless approach to living
that acknowledges the value of pain in
our lives. As Bastian shows us, the
most thrilling moments of our lives are
usually balanced on a knife edge
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that pain, difficulty, and risk are

necessary to achieve happiness. In

the modern world, we have become

addicted to positivity.

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Bastian

The Other Side of Happiness. For

typist Sadie Bell, the 1960s promise a

decade of mini-skirts, pop music and

endless possibilities. Young and

carefree, she lives happily with her

parents and older brothers in

Hammersmith.

The Other Side of Happiness by

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emaze.com It is a generally held belief that finding happiness ought to be one's ultimate purpose in life, the reason being that a happy life is also a good life—so it is assumed. While I

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and internationally acclaimed findings
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Book by Brock Bastian

Generally, pain is something to be avoided: we tend to equate happiness with feeling comfortable. But, in his new book, *The Other Side Of Happiness*, psychologist Brock Bastian argues that pain might just be the hidden ingredient to a fulfilled life. The main idea in your book is that we need some pain in our lives

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Yet in his research, renowned social psychologist Brock Bastian has found that suffering and sadness are neither antithetical to happiness nor incidental to it: they are a necessary ingredient for emotional well-being. Drawing on psychology, neuroscience and internationally acclaimed findings from Bastian's own lab, *The Other Side of Happiness* encourages us to take a more fearless approach to living.

The Other Side of Happiness by Bastian, Brock (ebook)

The Other Side of Happiness: A perfect love.

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Why science says the pursuit of happiness has a dark side. ... to other people's lives, engaging in meaningful pursuits, those things will bring happiness," Bastain says. ...

Why science says the pursuit of happiness has a dark side ... 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 OPTION B with Sheryl Sandberg This is a marvellous, thought-provoking challenge to how

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we think about and go about the
pursuit of happiness.

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