



Look No Further You Are the Reason Your Life Sucks: 216 Lessons Happy People Learn (Paperback)

By Daniel Scott Keenan

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book represents two opportunities: 1) To learn from each of the two hundred and sixteen, plus one, specific examples that can help you avoid a similar mistake. 2) It explains why one of two specific ways of looking at mistakes harms us, and the other helps us. One fills us with shame that makes us feel awful about ourselves, often taking out that frustration on ourselves and others, while the other takes ownership of our mistake and says Yep, I did it. I spilt the milk, then confidently cleans up the mess it made, and holds the glass tighter next time. The latter mindset does what it takes to show the world it has integrity, character and toughness. It actively shows its commitment to doing what is right no matter how it makes it look. Why does that matter? In her 2010 TEDxHouston presentation called The Power of Vulnerability, Brene Brown explained how her research showed that people who talked to themselves with the voice of shame, had a statistically higher likelihood of suffering addiction, depression, eating disorders,...



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