

The Age Of Absurdity Why Modern Life Makes It Hard To Be Happy

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Michael Foley: The Age of Absurdity – Why Modern Life Makes it Hard to Be Happy (2010) Most of what modern society tells you about how to be happy is wrong – at least according to a wealth of psychological and sociological research, most modern philosophers and the the insights of pretty much every religious tradition.

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The bad news is that these turn out to be the very things most discouraged by contemporary culture. This knotty dilemma is the subject of The Age of Absurdity – a humourous and accessible investigation into how the desirable states of wellbeing and satisfaction are constantly undermined by modern life.

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Partly it is, but to and behold: in fact 'The age of absurdity' is itself a self-help book! There is a difference however, and an important one: whereas others promise virtually instant results whatever your objective, Foley (refreshingly, and to my mind correctly) is not unafraid to shout out loud it is by no means easy to be (or become, and then stay) happy.

Amazon.co.uk:Customer reviews: The Age of Absurdity: Why ...

The Age Of Absurdity: Why Modern Life Makes It Hard To Be Happy. by. Michael Foley. 3.87 · Rating details · 2,070 ratings · 219 reviews. The good news is that the great thinkers from history have proposed the same strategies for happiness and fulfilment.

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20 Best Book The Age Of Absurdity Why Modern Life Makes It ...

Except for a goosebumps-inducing introduction scene, which is followed by 10 other intro-like scenes, there is not much to redeem in a film like AAA. We do not get to know why a 58-year-old person is looking to marry a woman less than half his age. Director Adhik Ravichandran and Simbu promised a Part 2 of AAA.