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Why science says the pursuit of happiness has a dark side ...

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

Book — Brock Bastian

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The Hidden Side of Happiness Pleasure only gets you so far. A rich, rewarding life often requires a messy battle with adversity. By Kat McGowan, published March 1, 2006 - last reviewed on June 9, 2016

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

The Other Side Of Happiness

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Change Your Views of The World Today - With These 5 Books [The Other Side Academy - An Introduction](#) **The Other Side Of Happiness**

The Other Side of Happiness: Embracing a More Fearless Approach to Living | By Bastian Brock • "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."

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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.

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