

Against Happiness In Praise Of Melancholy Eric G Wilson

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Against Happiness In Praise of Melancholy: Eric G Wilson ...

It was a pleasant surprise, then, to discover that Eric G. Wilson's *Against Happiness: In Praise of Melancholy* is no mere corrosive squawk, but rather a lively, reasoned call for the preservation of melancholy in the face of all-too-rampant cheerfulness.

Arguing the Upside of Being Down : NPR

In *Against Happiness*, the scholar Eric G. Wilson argues that melancholia is necessary to any thriving culture, that it is the muse of great literature, painting, music, and innovation—and that it is the force underlying original insights. So enough Prozac-ing of our brains. Let's embrace our depressive side as the wellspring of creativity.

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In Praise of Melancholy and How It Enriches Our Capacity ...

Against Happiness: In Praise of Melancholy is a nonfiction book by Eric G. Wilson that examines the benefits of being sad. The author denotes in the book that diagnosable conditions should be treated accordingly, and is in no way saying it is "normal" or "good" to be depressed.

Against Happiness: In Praise of Melancholy - Kindle ...

In Against Happiness: In Praise of Melancholy, Wilson suggests it would be better to relish the blues that make humans people. Synopsis We are addicted to happiness.

Against Happiness Quotes by Eric G. Wilson

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Against Happiness: In Praise of Melancholy: Amazon.com: Books

Praise for Against Happiness "Mr. Wilson's case for the dark night of the soul brings a much needed corrective to today's mania for cheerfulness. One would almost say that, in its eloquent contrarianism and earnest search for meaning, Against Happiness lifts the spirits."

Eric G. Wilson's Against Happiness: In Praise of ...

Against Happiness: In Praise of Melancholy. Americans are addicted to happiness. When we're not popping pills, we leaf through scientific studies that take for granted our quest for happiness, or read self-help books by everyone from armchair philosophers and clinical psychologists to the Dalai Lama on how to achieve a trouble-free life: Stumbling...

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In the remainder of Against Happiness: In Praise of Melancholy, Wilson goes on to explore how we can avoid falling in the trap of such shallow and superficial “happiness,” reap the spiritual benefits of darker emotions, and learn to be ennobled and creatively empowered rather than consumed by them.

Against Happiness: In Praise of Melancholy by Eric G. Wilson

Let's embrace our depressive sides as the wellspring of creativity. What most people take for contentment, Wilson argues, is living death, and what the majority takes for depression is a vital force. In Against Happiness: In Praise of Melancholy, Wilson suggests it would be better to relish the blues that make humans people.

Against Happiness : NPR

In Against Happiness: In Praise of Melancholy, Wilson suggests it would be better to relish the blues that make humans people. Eric G. Wilson is the Thomas H. Pritchard Professor of English at Wake Forest University in Winston-Salem, North Carolina.

Against Happiness: In Praise of Melancholy: Eric G. Wilson ...

Against Happiness, In Praise of Melancholy by Eric G. Wilson is a philosophical meditation on today's obsession with happiness, the constant fight to eradicate any trace of sadness or melancholy and any moment of doubt and inner questioning by all means including numbing entertainment,

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medication, excessive insistence on positive thinking and vilification of blueness. He argues that all these lead to a diluted existence, indeed to a refusal of true existence itself.

Against Happiness: In Praise of Melancholy by Eric G ...

Against Happiness Quotes Showing 1-1 of 1 “Surely some of you have felt the same way that I do. You have turned sullenly from those thousands of glowing, perfect teeth lighting the American landscape and slouched to the darkness—the half-lighted room, the twilight forest, the empty café.

Against Happiness: In Praise of Melancholy: Eric G. Wilson ...

Against Happiness NPR coverage of Against Happiness: In Praise of Melancholy by Eric G. Wilson. News, author interviews, critics' picks and more.

Against Happiness - Wikipedia

Other books include THE MERCY OF ETERNITY: A MEMOIR OF DEPRESSION AND GRACE, an account of my struggle with and ultimate embrace of my bipolar disorder in the wake of my daughter's birth; and AGAINST HAPPINESS: IN PRAISE OF MELANCHOLY, which challenges America's addiction to superficial happiness and demonstrates the revelatory powers of ...

Against Happiness | Eric G. Wilson | Macmillan

Author Eric G. Wilson has come to realize he was born to the blues, and he has made peace with his melancholy state. But it took some time, as he writes in his new book, a polemic titled Against...

Against Happiness: In Praise of Melancholy: Eric G. Wilson ...

Woe Be Gone. “To hug happiness is to hate life. To love peace is to loathe the self. The blues are clues to the sublime. The embrace of gloom stokes the heart.” Wilson clarifies his opposition to antidepressants later. He is not opposed to them in the case of severe depression, only in the case

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of mild to moderate depression.

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Against Happiness: In Praise of Melancholy - Eric G ...

“Against Happiness” is a controversial book, in the context that it ‘glorifies’ melancholy as the source of creativity, and criticizes people for wanting to be constantly happy, even stating that such endeavors might destroy this world. We recommend it to self-help buffs and all those who feel intrigued by this subject.

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