

0.1 Chapter 4: self: Self

0.2 Self

1 How to Save Love with Pessimism



It's easy to be pessimistic about many things: the state of the planet, the economy, the future of humanity. And yet there's one area where many of us retain a curious sense of optimism. We have faith that from among the millions of our fellow human beings out there, we will one day be able to locate a very special person.

Pessimism is generally equated with a grumpy and immature kind of mood. But it is, in fact, at the origin of wisdom and can even leave us feeling surprisingly cheerful.