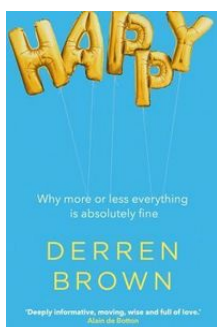


HAPPY: WHY MORE OR LESS EVERYTHING IS ABSOLUTELY FINE

Everyone says they want to be happy. But that's much more easily said than done. What does being happy actually mean? And how do you even know when you feel it? Across the millennia, philosophers have thought long and hard about happiness, and come up with all sorts of different definitions and ideas for how we might live a happier life. Here, Derren explores the history...



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Peek Inside the Book

I also find Mills words to be of use when considering relationships. Often we want our friends, partners and people we love to be like us, because that allows us to feel validated and accepted. It is a powerful thing to find people in this world who share our values and instincts. But it is also important to celebrate the differences between our partners and us. Would we really want to be in...

Reader's Opinions

Not to mince words, I believe that Derrens latest book will be truly life-changing for the right type of reader. It is that rarest of books: one that I felt had been written for me personally. Theres very little about magic or illusion in here. This is essentially a 400+ page discourse on the ancient Greek philosophy of Stoicism, and...