



Positive Thinking And The Meaning Of Life

Marcus Freestone

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A brief and concise exploration of psychology, philosophy and the workings of the human brain. We explore consciousness, bad faith, decision making, self-esteem, negative thought patterns, addiction, depression and many other aspects of life. The book ends by answering the question of the meaning of life in two paragraphs. For anyone who's still struggling to answer all the 'big questions', find out that most of them don't even need to be asked in the first place. Avoiding the usual self-help mumbo jumbo, this aims to be an entirely practical look at the human condition. If your brain sometimes doesn't do what you tell it to, this might help.

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