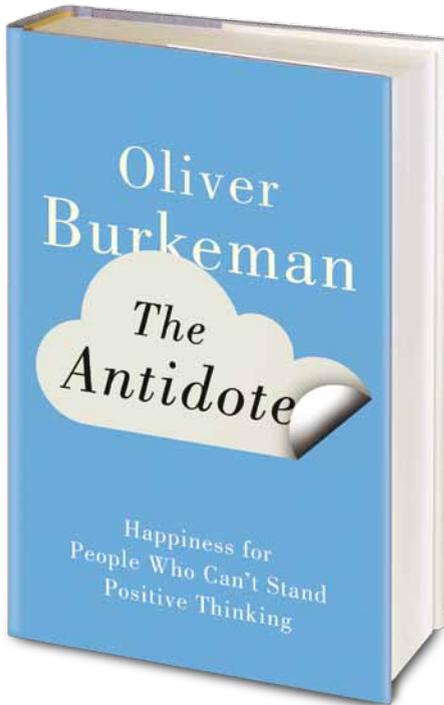


The self-help book for people who hate self-help books



OLIVER BURKEMAN **The Antidote**

Happiness for People Who Can't Stand Positive Thinking

The Antidote is a wry, witty travelogue that turns decades of self-help advice on its head. In it, *Guardian* journalist Oliver Burkeman chronicles a series of journeys by people who share a single, surprising way of thinking about life. Whether philosophers, experimental psychologists, New Age dreamers, or hard-headed business consultants, they have in common a hunch about human psychology. They believe that in our personal lives and in the world at large, our constant fixation on eliminating or avoiding the negative—uncertainty, unhappiness, failure—is what causes us to feel so anxious, insecure, and unhappy.

He argues there is an alternative “negative path” to happiness and success that involves coming face to face with the things we spend our lives trying to avoid, to even embrace them. This is the “backwards law”: The more we’re willing to embrace what we think of as negative, the happier and more successful we’ll become. We may need to completely rethink our attitudes toward such things as failure, uncertainty, disorder, insecurity, and death.

SALES

Oliver Burkeman is well connected, having interviewed a wide range of people, including Bill Clinton, Jimmy Carter, Norman Mailer, Eckhart Tolle, Steven Pinker, and more for *The Guardian*

His work has also appeared in *Esquire*, *Elle*, *GQ*, *The Observer*, and *The New Republic*

Published by Canongate in June 2012 and by F.S.G. in the U.S. in October 2012

MARKETING

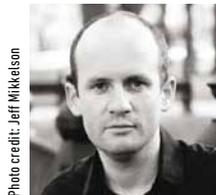
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National review mailing to book reviewers, pop culture writers, and advice columnists

Social media marketing

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OLIVER BURKEMAN is a feature writer for *The Guardian*.

He is a winner of the Foreign Press Association’s Young Journalist of the Year Award, and has been shortlisted for the Orwell Prize and the What the Papers Say Feature Writer of the Year award. He writes a popular weekly column on psychology, “This Column Will Change Your Life,” and has reported from London, Washington, and New York, where he currently lives.

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OCTOBER • ALLEN LANE

Pop Culture • 978-0-670-06468-7 • \$32.00

Hardcover • 6 × 9 • 288 pages

Rights: Canada, English

