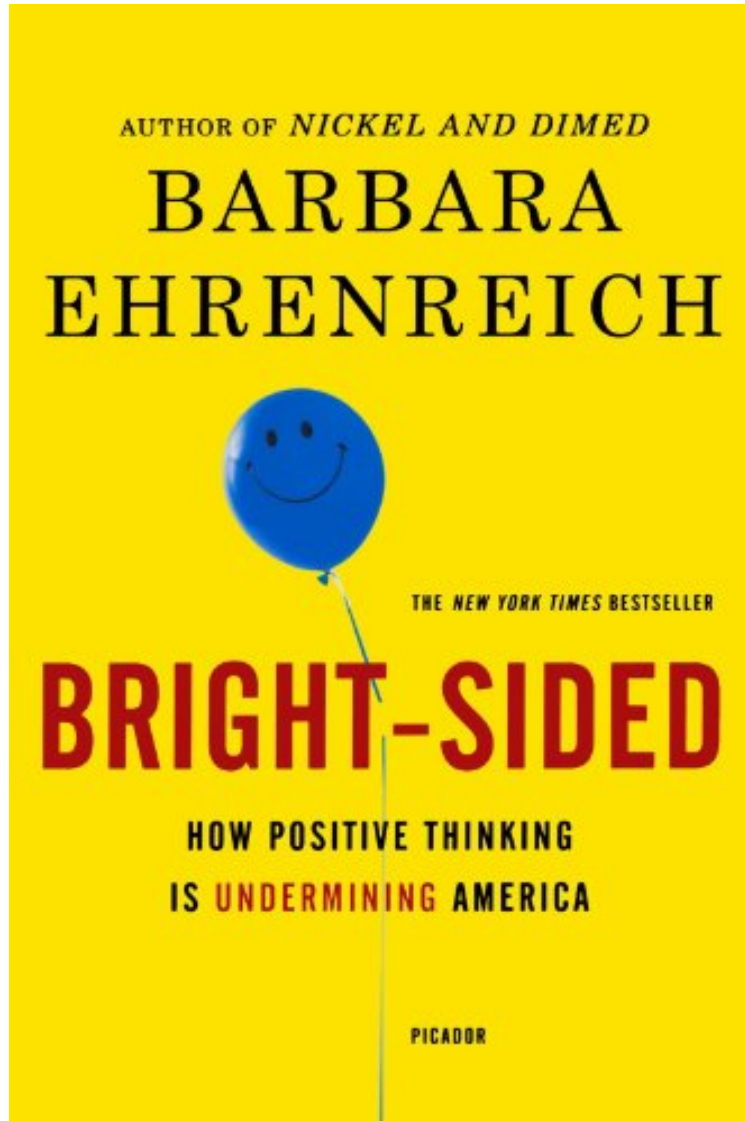


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Bright-sided: How Positive Thinking Is Undermining America

Barbara Ehrenreich

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Barbara Ehrenreich : Bright-sided: How Positive Thinking Is Undermining America before purchasing it in order to gage whether or not it would be worth my time, and all praised Bright-sided: How Positive Thinking Is Undermining America:

1 of 1 people found the following review helpful. I purchased this book to go with a MOOC called "The Science of Happiness. " What a wise moveBy Kiki Bat LubbinI've read some of Barbara's other books and find her blunt realistic

expression refreshing. I purchased this book to go with a MOOC called "The Science of Happiness." What a wise move. I am skeptical of the positive psychology movement, see it as trendy, and based on poor evidence. At this point in time, it is difficult to find good research studies on many of the important issues (I suspect this is due to funding problems). Well written. 2 of 2 people found the following review helpful. Positively mad at "positive thinking" thrown in your face. By Joan Kramer I love Barbara Ehrenreich. I haven't read it all but I am going through cancer as well and this book has helped me immensely. 0 of 0 people found the following review helpful. It's very insightful, a welcome and much-needed departure from ... By Ann Hedonia It's very insightful, a welcome and much-needed departure from simplistic directives to be optimistic even when doing so entails willful self-delusion.

A NEW YORK TIMES BESTSELLER Americans are a "positive" people -- cheerful, optimistic, and upbeat: This is our reputation as well as our self-image. But more than a temperament, being positive is the key to getting success and prosperity. Or so we are told. In this utterly original debunking, Barbara Ehrenreich confronts the false promises of positive thinking and shows its reach into every corner of American life, from Evangelical megachurches to the medical establishment, and, worst of all, to the business community, where the refusal to consider negative outcomes--like mortgage defaults--contributed directly to the current economic disaster. With the myth-busting powers for which she is acclaimed, Ehrenreich exposes the downside of positive thinking: personal self-blame and national denial. This is Ehrenreich at her provocative best--poking holes in conventional wisdom and faux science and ending with a call for existential clarity and courage.

From Publishers Weekly Starred . This audio is a perfect antidote for anyone fed up with the power of positive thinking and all its attendant pink ribbons, smiley faces, and injunctions to have a nice day! Ehrenreich explores how medical, academic, and business gurus persuade the public that wishing, done in the right way, can make things happen. The section on the history of positive thinking that probes Calvinism and Max Weber is less original. Kate Reading hits all the right notes in conveying the author's humor, sarcasm, scientifically backed conclusions, and curmudgeonly insights. Her pace is brisk, and she captures the witty wonder of this book. A Metropolitan hardcover (\$, Aug. 10). (Oct.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Bookmarks Magazine No critic completely dismissed Ehrenreich's critique of America's "happiness" culture. But reviewers' enthusiasm for her critique seemed to depend on their assessment of the book's moral urgency. Several critics felt that the message of Bright-Sided was essential to readers in the aftermath of last year's economic meltdown. But others felt that Ehrenreich's ideas, while relevant, had been better expressed by others. They also criticized the author for "cheap shots" and outdated research. For example, she criticizes the book Who Moved My Cheese?, which has long been superseded by other, even sillier titles. But many readers may react like Hanna Rosin, who wrote in the New York Times Book that even when she did not agree with Ehrenreich's arguments, she felt less guilty about not sharing in our smiley :-) culture. Deeply satisfying. . . I have waited my whole life for someone to write a book like Bright-sided. The New York Times Book A brilliant exposé of our smiley-faced culture. Forbes.com Insightful, smart, and witty. . . Ehrenreich makes important points about what happens to those who dare to warn of the worst. BusinessWeek Ehrenreich's examination of the history of positive thinking is a tour de force of well-tempered snark, culminating in a persuasive indictment of the bright-siders as the culprits in our current financial mess. The Washington Post Bright-sided scours away the veneer of conventional wisdom with pointed writings and reporting. . . . Helping us face the truth is Ehrenreich at her best. The Miami Herald Contrarians rejoice! With a refreshingly caustic tone, Barbara Ehrenreich takes on the relentlessly upbeat attitude many Americans demand of themselves, and more damagingly, of others. USA Today A rousing endorsement of skepticism, realism, and critical thinking. San Francisco Bay Guardian Ehrenreich delivers her indictments of the happiness industry with both authority and wit. . . . Bright-sided offers both a welcome tonic and a call to action--and a blessed relief from all those smiley faces. The Plain Dealer Precisely crafted, hard-hitting. . . analysis of the national mass fantasy of wishful thinking The Dallas Morning News Relentless and persuasive. . . In a voice urgent and passionate, Ehrenreich offers us neither extreme [between positive thinking and being a spoilsport] but instead balance: joy, happiness, yes; sadness, anger, yes. She favors life with a clear head, eyes wide open. San Francisco Chronicle Ehrenreich reprises her role as Dorothy swishing back the curtain on a great and powerful given. The Oregonian A message that deserves to be heard. Jezebel Gleefully pops the positive-thinking bubble. . . Amazingly, she'll make you laugh, albeit ruefully, as she presents how society's relentless focus on being upbeat has eroded our ability to ask--and heed--the kind of uncomfortable questions that could have fended off economic disaster. FastCompany.com Ehrenreich convinced me completely. . . I hesitate to say anything so positive as that this book will change the way you see absolutely everything; but it just might. Nora Ephron, The Daily Beast Ehrenreich delivers a trenchant look into the burgeoning business of positive thinking. Publishers Weekly, starred review Bright, incisive, provocative thinking from a top-notch nonfiction writer. Kirkus, starred review Wide-ranging and stinging look at the pervasiveness of positive thinking. . . Booklist, starred review We're always being told that looking on the bright side is good for us, but now we see that it's a great way to brush off poverty, disease, and unemployment, to rationalize an order where all the rewards go to those on top. The people who are sick or jobless--

why, they just aren't thinking positively. They have no one to blame but themselves. Barbara Ehrenreich has put the menace of positive thinking under the microscope. Anyone who's ever been told to brighten up needs to read this book. Thomas Frank, author of *The Wrecking Crew* and *What's the Matter with Kansas?* Oprah Winfrey, Deepak Chopra, Andrew Weil: please read this relentlessly sensible book. It's never too late to begin thinking clearly. Frederick Crews, author of *Follies of the Wise: Dissenting Essays* Barbara Ehrenreich's skeptical common sense is just what we need to penetrate the cloying fog that passes for happiness in America. Alan Wolfe, author of *The Future of Liberalism* In this hilarious and devastating critique, Barbara Ehrenreich applies some much needed negativity to the zillion-dollar business of positive thinking. This is truly a text for the times. Katha Pollitt, author of *The Mind-Body Problem: Poems* Unless you keep on saying that you believe in fairies, Tinker Bell will check out, and what's more, her sad demise will be your fault! Barbara Ehrenreich scores again for the independent-minded in resisting this drool and all those who wallow in it. Christopher Hitchens, author of *God Is Not Great: How Religion Poisons Everything* In this hard-hitting but honest appraisal, America's cultural skeptic Barbara Ehrenreich turns her focus on the muddled American phenomenon of positive thinking. She exposes the pseudoscience and pseudointellectual foundation of the positive-thinking movement for what it is: a house of cards. This is a mind-opening read. Michael Shermer, author of *Why People Believe Weird Things: Pseudoscience, Superstition, and Other Confusions of Our Time* Once again, Barbara Ehrenreich has written an invaluable and timely book, offering a brilliant analysis of the causes and dimensions of our current cultural and economic crises. She shows how deeply positive thinking is embedded in our history and how crippling it is as a habit of mind. Thomas Bender, author of *A Nation Among Nations: America's Place in World History*