

I'm not robot!

Score: 0% Rank: Correct Answer: Mar 03, 2018 Rita rated it did not like it I'm going to start by saying that I agree with the philosophy of this book. He's all about living the theme song to Frozen, whereas I've always been more about the imagery of being chain link -- instead of letting the issues be a gust that topples me as I try to fight it, I let it blow through me. Same idea, different metaphors. So, of course I think the concept is good, but it's not new and it's not his. He didn't invent or discover it. He's only trying to explain it. And, that's where I'm going to start by saying that I agree with the philosophy of this book. He's all about living the theme song to Frozen, whereas I've always been more about the imagery of being made of chain link -- instead of letting the issues be a gust that topples me as I try to fight it. I let it blow through me. Same idea, different metaphors. So, of course I think the concept is good, but it's not new and it's not his. He didn't invent or discover it. He's only trying to explain it. And, that's where I'm going to start by saying that I agree with the philosophy of this book. He's all about living the theme song to Frozen, whereas I've always been more about the imagery of being made of chain link -- instead of letting the issues be a gust that topples me as I try to fight it. I let it blow through me. Same idea, different metaphors. So, of course I think the concept is good, but it's not new and it's not his. He didn't invent or discover it. He's only trying to explain it. And, that's where I have the issues. First off, this book is presented with such an overwhelming privileged white, cis, hetero male perspective. Every example (but one, which I'll elaborate on later) is from a man's perspective. And nothing even relatable to my experience, either. He's super hung up on girlfriends dumping the reader or girlfriends cheating on the reader or being jealous because the reader suspects his girlfriend is cheating: Think about that time after your girlfriend dumped you and you were so depressed that you couldn't get out of bed for days and the only evidence that you had eaten was the empty pizza boxes littering your room. Seriously? SERIOUSLY??? Nope. Cannot relate. I've never had the personal luxury of being Bella from Twilight and crumpling into a ball of "depression" (psst, that's not depression) because someone dumped me. I have, however, had the of initiating a divorce to leave an abusive marriage after 20 years, supporting my three kids and myself emotionally and financially through it, which presented some very real hardships, and is the second issue I have with this book...He never addresses any real trauma or legitimate hardships in the book. His examples, being from such a place of privilege, are trivial and superficial. He doesn't talk about the Muslim woman who endures hate slurs as she walks her daughter to school every day, or the man who works three minimum wage jobs to pay for his disabled son's medical care and is functioning on 3 hours of sleep every night, or the girl with the chemical imbalance in her brain that causes debilitating depression. The lack of even pitting these philosophies against serious problems comes off as offensive. And, his solutions are shallow. Let it go. Let it go. Let it go. But, he never explains exactly how to let it go, and he proceeds with the assumption that once you choose to let it go, the one time will fix everything, always. That it doesn't take way more practice and coming at it from many different angles to try to find the visualization and the inner mind-space that works for you. He ties it into how easy it is to quit smoking. Quitting smoking is harder than quitting heroin. It's so much more involved that just not putting a cigarette in your mouth. But, the fact that he devoted two paragraphs to how to quit smoking and then tied it to this philosophy was telling. He perceives them both as easy. If you just take ONE STEP, it'll solve it forever. Anyone who has quit smoking (I have, using mindfulness) or has tried to achieve this kind of consciousness knows that it requires real effort. It's not a switch you flip on and off and then it's all fixed. Which brings me to my last issue -- he completely left out any sort of introspection. His presentation of this idea seemed to actually oppose introspection, id ehcna ettems ,aivattut ,atalru `Ă odnauq eradna alraicsal id odnactarp arkahc ous li eralocnivs a avirra non ,atirĂ id enoizautis allen ,assecnoC .atirĂ edno e ediros e adarts al osrevartta attelcibic aus al aclavac atsilic li .edeipacram li rep eenil elled amirp isramref a otnetta `Ă de otua aus alled omref la anicivva is atirĂ ,opod onroig li .avevod evod atamref `Ă is non anihccam al odnauq otatnevaps `Ă is am ,adarts al erasrevartta rep avats atsilic li e oniggessap li rep aneil al arpos `Ă otua aus alled eroiretna etrap al ehc aton iop e `",otalru ah im atsilic otseuq ©Ăhcrep odeihc iM` -edeihc e enoizepsortni ehclauq ni ehcna angepmi is am ,otnemom ortla nu ni iel id ortnoc alru ehc ortla nuclauq id osserper odrocir nu ad otasatni etnemaenatnemom `Ă atirĂ id erouc led arkahc li .attelcibic aus allus aiv erroc iop ,adirg el e ongup li etoucs el atsilic nu ,atamref alled olletrac la otnacca edeipacram luS 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