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**Against Happiness  
In Praise Of  
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In *Against Happiness*, the scholar Eric G. Wilson argues that melancholia is necessary to any thriving culture, that it is the muse of great literature, painting, music, and innovation—and that it is the force underlying original insights. So enough Prozac-ing of our brains. Let's embrace our depressive side as the wellspring of creativity.

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In *Against Happiness: In*

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~~Praise of Melancholy~~, Wilson suggests it would be better to relish the blues that make humans people. Eric G. Wilson is the Thomas H. Pritchard Professor of English at Wake Forest University in Winston-Salem, North Carolina.

~~Against Happiness: In Praise of Melancholy: Wilson, Eric G...~~

Against Happiness, In Praise of Melancholy by Eric G. Wilson is a philosophical meditation on today's obsession with happiness, the constant fight to eradicate any trace of sadness or melancholy and any moment of doubt and

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~~Melancholy~~  
inner questioning by all means including numbing entertainment, medication, excessive insistence on positive thinking and vilification of blueness. He argues that all these lead to a diluted existence, indeed to a refusal of true existence itself.

~~Against Happiness: In Praise  
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Wilson~~

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Wilson. Sarah Crichton  
Books, 9780374531669, 176pp.  
Publication Date: January  
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~~Against Happiness: In Praise  
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Praise For Against  
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Melancholy ... "Mr. Wilson's  
case for the dark night of  
the soul brings a much  
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meaning, Against Happiness

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lifts the spirits." – Colin  
McGinn, The Wall Street  
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BF575.M44 W55 2008. Against  
Happiness: In Praise of  
Melancholy is a nonfiction  
book by Eric G. Wilson that  
examines the benefits of  
being sad. The author  
denotes in the book that  
diagnosable conditions  
should be treated  
accordingly, and is in no  
way saying it is "normal" or  
"good" to be depressed.  
Rather, he seeks to point  
out that melancholy, or as  
he dubs it "generative

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Melancholy" can be a powerfully creative force that has motivated the likes of Virginia Woolf, John Keats, Vincent van ...

~~Against Happiness~~  
~~Wikipedia~~

In the remainder of *Against Happiness: In Praise of Melancholy*, Wilson goes on to explore how we can avoid falling in the trap of such shallow and superficial "happiness," reap the spiritual benefits of darker emotions, and learn to be ennobled and creatively empowered rather than consumed by them.

~~In Praise of Melancholy and~~

# Download Ebook Against Happiness In Praise Of ~~How It Enriches Our Capacity~~ ~~Melancholy~~

Against Happiness This blog exposes the limitations of happiness and reveals the powers of life's more acerbic sides--melancholia, morbid curiosity, and irony--all of which I explore in my recent books: EVERYONE LOVES A GOOD TRAIN WRECK: WHY WE CAN'T LOOK AWAY; AGAINST HAPPINESS: IN PRAISE OF MELANCHOLY; THE MERCY OF ETERNITY: A MEMOIR OF DEPRESSION AND GRACE; and MY BUSINESS IS TO CREATE: BLAKE'S INFINITE WRITING.

~~Against Happiness~~

Let's embrace our depressive sides as the wellspring of

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creativity. What most people take for contentment, Wilson argues, is living death, and what the majority takes for depression is a vital force. In *Against Happiness: In Praise of Melancholy*, Wilson suggests it would be better to relish the blues that make humans people.

~~Against Happiness: In Praise  
of Melancholy — Kindle ...~~

Praise for *Against Happiness*  
"Mr. Wilson's case for the dark night of the soul brings a much needed corrective to today's mania for cheerfulness. One would almost say that, in its eloquent contrarianism and earnest search for meaning,

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Against Happiness lifts the  
spirits." – Colin McGinn,  
The Wall Street Journal

~~Against Happiness | Eric G.  
Wilson | Macmillan~~

In *Against Happiness*, the  
scholar Eric G. Wilson  
argues that melancholia is  
necessary to any thriving  
culture, that it is the muse  
of great literature,  
painting, music, and  
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~~Melancholy~~ necessary to any thriving culture, that it is the muse of great literature, painting, music, and innovation—and that it...

~~Against Happiness: In Praise  
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"Against Happiness" is a controversial book, in the context that it 'glorifies' melancholy as the source of creativity, and criticizes people for wanting to be constantly happy, even stating that such endeavors might destroy this world. We recommend it to self-help buffs and all those who feel intrigued by this subject.

~~Against Happiness PDF~~

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~~Summary~~ Eric G. Wilson |

~~12min Blog~~

Against Happiness Quotes  
Showing 1-1 of 1. "Surely some of you have felt the same way that I do. You have turned sullenly from those thousands of glowing, perfect teeth lighting the American landscape and slouched to the darkness—the half-lighted room, the twilight forest, the empty café. There you have sat and settled into the bare, hard fact that the world is terrible in its beauty, indifferent much of the time, incoherent and nervous and resplendent when on certain evenings, when the

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