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I'm going to go ahead and stubbornly refuse to keep reading this book. I gave it a shot even though self-help is almost always terribly written and I'm sure the man has some good ideas but good lord the TONE. No. Hard pass. Guess I'll just stay miserable if it means more entertaining reading. Because priorities.

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It insists that you can stubbornly refuse to make yourself miserable about some truly gruesome happenings poverty, terrorism, sickness, war and that you can, if you choose to do so, work more effectively to change some of the worst situations that confront you, and perhaps even the entire world.

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