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Generally, pain is something to be avoided: we tend to equate happiness with

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feeling comfortable. But, in his new book, *The Other Side Of Happiness*, psychologist Brock Bastian argues that pain might just be the hidden ingredient to a fulfilled life. The main idea in your book is that we need some pain in our lives□

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thinker and THE OTHER SIDE OF HAPPINESS is a delight to read--Paul Bloom, author of AGAINST EMPATHY Brock Bastian skilfully shatters the zeitgeist of positive thinking, showing how struggle and suffering are vital elements of a life well lived--Adam Grant, author of ORIGINALS and OPTION B with Sheryl Sandberg This is a marvellous, thought-provoking challenge to how we think about and go about the pursuit of happiness.

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