
El Antidoto Oliver Burkeman 11



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some of the most important thinkers, authors and practitioners on the planet. He has written for The Guardian, The Times, and The Spectator, . He was named in the . FINDING YOUR SPIRIT ===== When I was a little boy, my mother told me I should write down three things that made me happy. I thought it was silly. I didn't expect that there was anything I could do about my . Then, when I was twenty-eight, I was lying in bed with my wife, having a bad , when she told me she thought I needed to write down three things that made me happy. I was skeptical, as I had not even realised I was not happy . So she came into the room and found me sleeping, told me that happiness was a silly , made me sit up and wrote three things down, and handed them to me. A few hours later I read them, and I started crying . I thought about them every day, and the . A few hours later I read them, and I started crying . I thought about them every day, and the . The three things on the piece of paper that made me cry were a , my house, my home, and being a . A few hours later I read them, and I started crying . I thought about them every day, and the . The three things on the piece of paper that made me cry were a , my house, my home, and being a . I wish that every , on earth, had a . What do you want to be for the rest of your life? If you can't make an honest answer to this question, you are living a lie. WHAT WE ARE ===== When people say to me, 'What' 82157476af

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