



## Rationality Is the Way to Happiness: The Theory and Practice of Rational Living (Paperback)

By John Vespasian

Createspace, United States, 2012. Paperback. Book Condition:

New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*

Print on Demand \*\*\*\*\*.In a world where philosophy is often

reduced to catch-phrases and empty theories, this is a

passionate defence of logic and consistency as the keys to

happiness. Personal effectiveness, the basis of well-being and

success, results from rational goals, workable plans and

relentless action. In the areas of career, health, relationships and

investments, this essay shows how to let go of wasteful

propositions, pursue compatible goals, cultivate perseverance

and resilience, minimize problems and maximize opportunities.

Inspired by the teachings of Aristotle, Maimonides, Erasmus,

Montaigne, Epictetus and Spinoza, the book encourages readers

to embrace rationality and adopt a self-reliant, entrepreneurial

attitude. TABLE OF CONTENTS 1. The untold key to success and

happiness Ten positive trends rarely reported by the media The

way to independent thinking Trust only your own statistics

Achieving happiness through rationality Wake up to a sharp

vision of reality Important lessons from history In search of

principles that make sense2. Fundamental skills that everybody

should master Relentless initiative creates opportunities An

active mind looks for alternatives Cultivate perseverance and

resilience Avoid waste and embrace frugality Shun...



**READ ONLINE**

[ 9.2 MB ]

### Reviews

*This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.*

-- **Rhiannon Steuber**

*Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.*

-- **Tyshawn Brekke**