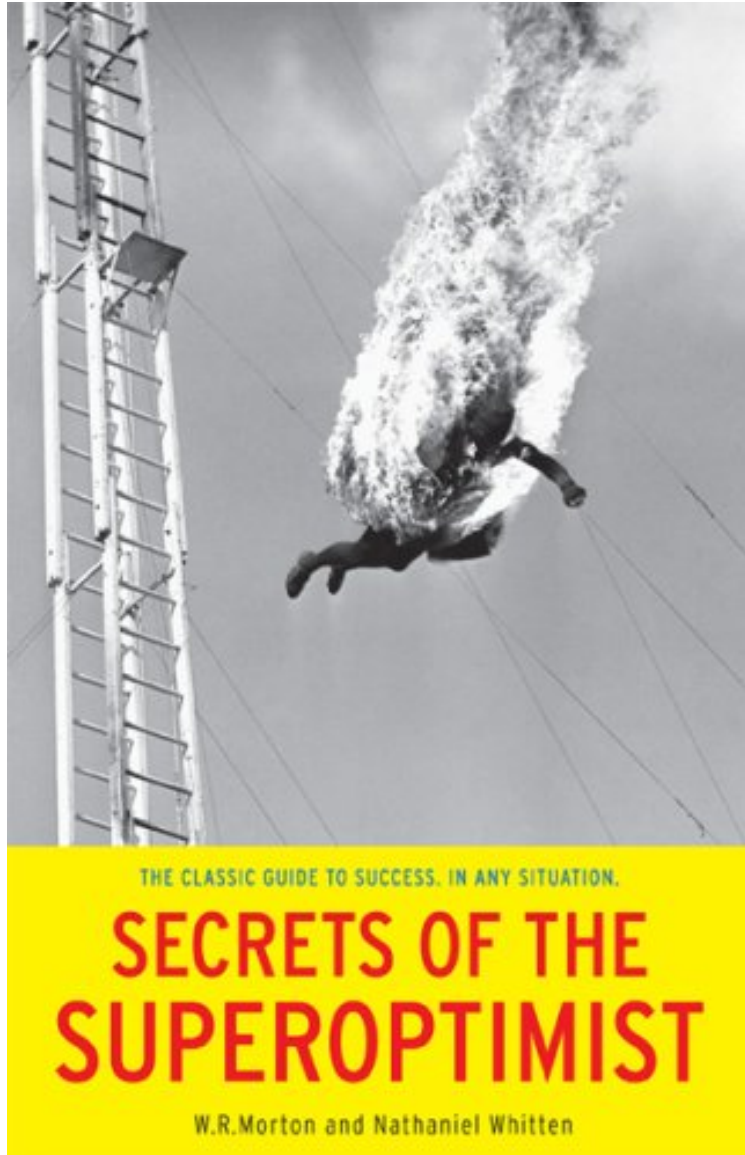


Secrets of the Superoptimist

W. R. Morton, Nathaniel Whitten

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W. R. Morton, Nathaniel Whitten : Secrets of the Superoptimist before purchasing it in order to gage whether or not it would be worth my time, and all praised Secrets of the Superoptimist:

0 of 1 people found the following review helpful. Good Toilet ReadBy Kevin McGlincheyIf you are looking for serious self-help you might want to keep browsing. If you are looking for a random collection of encouraging thoughts sprinkled with wry humor and a most excellent cover photo click on "add to shopping cart."0 of 0 people found the following review helpful. Secret #8.6: "Go for the real butter."By Calamus WorksIf nothing else, I honor and

appreciate this snippet of advice found in the positivity manual *Secrets of the SuperOptimist*. Butter-ness is next to godliness, after all. Butter aside, authors W.R. Morton and Nathaniel Whitten, in over one hundred quirky "wisdom transmissions," advise their readers how to achieve a state of theoretical and situational "SuperOptimism" in their book *Secrets of the SuperOptomist*. Having written a self-help book that criticizes self-help whilst offering advice, these authors openly embrace the various contradictions within their text and reiterate that they are merely witnesses to these divine truths. I was drawn in by the stark opposition of the title against the book's cover: a free falling, ambiguous human engulfed in a ball of flames. This was going to be wry and dark! Alas, you can't judge a book by the juxtaposition of its cover. While I enjoyed the "secrets" and found a few very positive and enlightening tips to ponder, I was hoping for more snark and less quirk. Though some of the "secrets" were wittily written and original, many missed what I believe was the authors' satirical target. They list their numbered secrets out of chronological order, which felt like a contrived attempt to be offbeat. They use an eclectic blend of Eastern and Western religious thought and a ton of meditation techniques to explain how to handle many situations. Again, some of the situations were quite funny and useful: Secret #97, "If someone thinks you are crazy...all the better. Nobody bothers crazy people. And sometimes they get free food." And some not so helpful or funny: Secret #50, "Act aloof at your next job interview. Chances are, they'll make you an offer." Maybe it's just me, but I would not heed this advice. I really enjoyed the advice for writers and artists scattered throughout the work. One exercise of sorts within Secret #55 was to "turn yourself into a fictional character." They suggest to do this to keep your life interesting, as well as an exercise in creativity. And to end on an inspirational note, I will end with Secret 11.3: "It is always more important to disseminate your own work as it stands than to allow robot monkeys in a corporate office park to micromanage, repackage, and nullify its soul. Do it yourself. Make something. You'll be glad you did and you'll amaze your friends." 8 of 8 people found the following review helpful. I am Free Now By Max Rockbin The walls push the air against your eyes. Even a quiet destiny seems swallowed by the very earth. Every friend is a memory of casual betrayal. And yet there is . The debris of cardboard boxes around me are a childish fort of novelty and hope. From one of them, I pull out...SECRETS OF THE SUPEROPTMIST Gee. I didn't even remember ordering that one. The falling flaming man on the cover reminded me of everything. It is Truth and any certain truth, just by itself, is vaguely comforting. Really this book is about escape. Every hint/suggestion/trope/ideal/goal/aphorism in here is a key to escaping from the cage every man has built for himself. "Focus on the Previous Small Thing." "Set no Goals, then marvel as you exceed them." "Take Advantage of Free Electrical Outlets." They are all truth and all put the lie to the canned phrases and quips that fuel Dr. Phil/et. al. The graphics are elegant and clever. The font highly readable. I have only one thumb left (an advantage, I now see) but it is so far up for this book I can't pull it out.

Book by W. R. Morton, Nathaniel Whitten

From Publishers Weekly The brainchild of Morton and Whitten, a pair of "seekers of higher truth and optimal sensation" who claim to have received this book's 116 "wisdom transmissions" from a mysterious source called the SuperOptimist, this volume could become the self-help of choice for people who don't read self-help. This quirky, unique primer, categorized on its back cover as "Psychology/ Philosophy/ Great Religious Texts of the World/ Humor," provides more than 100 points of advice for achieving SuperOptimism, defined as "the mental discipline to reframe any situation into a favorable outcome." Centered around three central principles—believing in the preeminence of your own fortune, considering pain a kind of informative "sensation," and removing one's shoes whenever possible—specific "secrets" include: drink caffeine, "compare yourself downward," wear wool, "skip therapy," engage strangers and "tip everybody." The book also includes exercises and appendixes, as well as a handy, all-purpose slogan for 2007: "I can handle it." Whether or not one can, in fact, handle it, Morton and Whitten provide plenty of fresh perspective from way out in left field. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. About the Author W.R. Morton and Nathaniel Whitten, the transmitters of SuperOptimism, have been seekers of higher truth and optimal sensation for over 30 years. Individually and collectively, they've studied shamanistic meta-psychology, Zen, wabi-sabi, neuro-muscular sciences, tai chi, literary deconstruction, and various foreign languages.