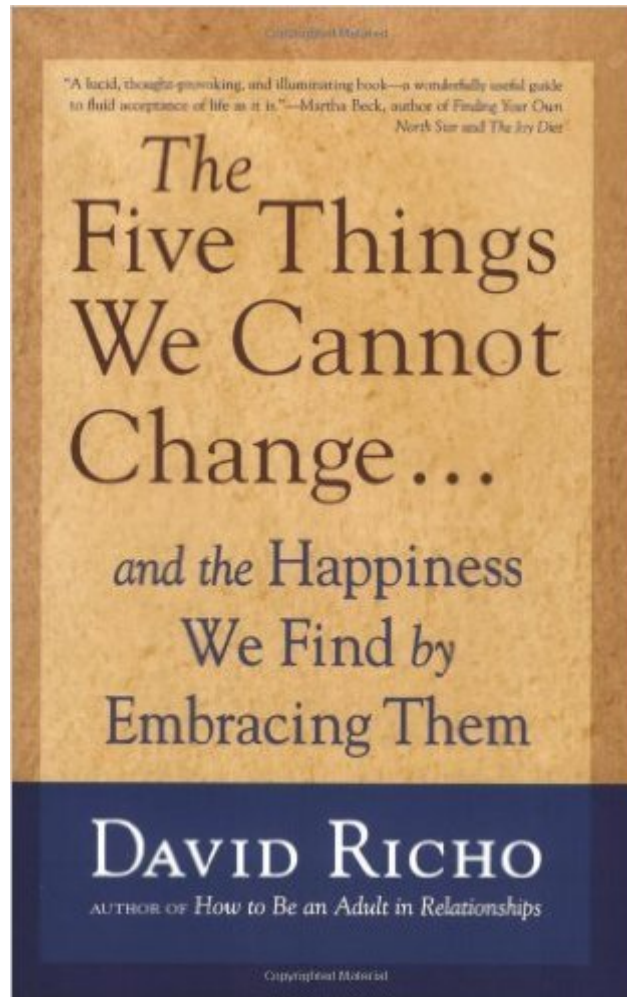


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The Five Things We Cannot Change: And The Happiness We Find By Embracing Them



Synopsis

Why is it that despite our best efforts, many of us remain fundamentally unhappy and unfulfilled in our lives? In this provocative and inspiring book, David Richo distills thirty years of experience as a therapist to explain the underlying roots of unhappiness and the surprising secret to finding freedom and fulfillment. There are certain facts of life that we cannot change—the unavoidable "givens" of human existence: (1) everything changes and ends, (2) things do not always go according to plan, (3) life is not always fair, (4) pain is a part of life, and (5) people are not loving and loyal all the time. Richo shows us that by dropping our deep-seated resistance to these givens, we can find liberation and discover the true richness that life has to offer. Blending Western psychology and Eastern spirituality, including practical exercises, Richo shows us how to open up to our lives—including to what is frightening, painful, or disappointing—and discover our greatest gifts.

Book Information

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Customer Reviews

No one doesn't need this marvelous book. David Richo, in an extraordinary generosity of spirit, shares with us some truly illuminating insights of remarkably profound truths. It can't be overstated enough on how valuable his insights are. The key truths of life, the inevitabilities and vicissitudes of it, are dealt and tackled with unflinching directness, and with that, a great deal of compassion for the problems that can assail us all. And yet, he is conspicuously lacking in false sentiment. Richo urges us, firmly, yet gently, to give up trying to exist in denial of the things we cannot change, and instead makes a compelling, and logic-based treatise on the idea of just simply embracing and accepting these inevitabilities. His 5 key truths are: 1. everything changes and ends, 2. things do not always

go according to plan, 3. life is not always fair, 4. pain is part of life, and 5. people are not loving and loyal all the time. So many of Richo's statements and exposition behind these points have such clarity, brilliance of scope, and an astonishing ring of truth behind them, that he makes it sound almost easy to commence in the process of acceptance. Moreover, Richo shows that the only way to evolve as a sentient being is to consciously work at a personal self-evolution, for it is, really, the key to moving from one stage of life to the next. That tantalizing but often elusive prospect can involve a great deal of personal growth and fulfillment. So many of us get stuck in ruts, seemingly unaware and puzzled as to how life can pass us by, without any conscious realization as to the subtle, but inexorable changes that occur along the way.

1. Everything changes - nothing lasts forever. Everything ends, every beginning is the start of an end. Relationships end, people die. Seasons turn, things change. Get used to it. Learn to let go gracefully, change and grow yourself. 2. Things do not always go according to plan. The best laid plans often go astray. No plan survives contact with reality. Adapt, improvise, flex, adjust your sails, innovate. Things turn out best for those who make the best of how things turn out. Plans are useless but planning is invaluable. 3. Life is not always fair. Some serious wrongs cry out to be righted but many more are best dealt with by moving on and not getting ensnared in a negative energy cycle. 4. Pain is part of life. There is a cost to everything and suffering may be part of that cost. Pain is not necessarily punishment and pleasure is not necessarily a reward. Pain can be a source of tremendous personal growth. But there is no need to seek out pain to speed your growth. Life will send you your proper measure! 5. People are not loving and loyal all the time. We are social, gregarious creatures. We depend on each other. But people are human and inevitably let us down. Our work as healthy adults is to feel this fear of betrayal and abandonment and deal with it, embrace it, learn from it, grow beyond it, NOT run from the fear. Running only strengthens fear. FACE: F--Fear: I am afraid I cannot survive if I am not loved, and this is how I am a source of suffering to myself. A--Attachment: I am attached to a very specific version of how things should be, of what life owes me, and this is how I am a source of suffering to myself.

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