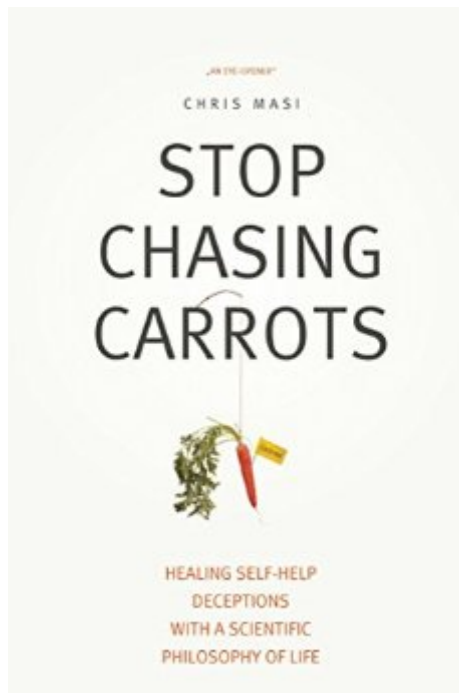


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# Stop Chasing Carrots: Healing Self-Help Deceptions With A Scientific Philosophy Of Life



## Synopsis

Every year, Americans spend more than \$10 billion on self-help products. Psychologist and philosophers agree, however, that self-help makes inexcusable mistakes and is incapable of creating happiness, success, and fulfillment. Stop Chasing Carrots communicates these mistakes in an easily understandable language and develops a philosophy of life that can create better results. Stop Chasing Carrots is the first book that creates a philosophy of life based on scientific evidence. Replacing self-help materialism, Eastern spiritualism/minimalism, and insightful but too complex psychological studies with an accessible, balanced, and realistic concept, Chasing Carrots enables its readers to lead a life based on proven ideas, not on wishful thinking.

## Book Information

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## Customer Reviews

Great content and a solid reference book with suggestions of further readings if you like certain points. I read the nine prior reviews and find them all pretty valid. Yes the writing \*style at times is wooden and grad school like. ok. Is that so bad really? for a 5\$ book with a more technique oriented material? it's noticeable but not upsetting and it doesn't diminish the solid content. Also as a Christian I disagreed with some of the authors points but so what? There is a lot of really interesting

solid ideas here so what if some points we find off base. Lastly I have read most Self-Help bestsellers and gone to some seminars which i paid for. This book is a nice counter-point to much of that and shows you better methods and techniques to find a more fulfilling life. I definitely recommend it before you spend one more dollar on another self-help bestseller. Read this book.

The author of this book uses the Scientific Method and Freudian psychology to debunk several ideas promoted in self-help literature. Having read (and half-heartedly) applied many self-help ideas, I was both enlightened and encouraged by Mr. Masi's thoughts. The author shares insights and lessons from his own life journey to further validate his ideas. While I disagree with the author's views on religion-he believes it is destructive- I don't take a star away for that. After all, Mr. Masi spent his formative years in socialist East Germany. The 4 stars are because this book needs a good proofing and edit by a native English speaker. There are several mistakes in usage and syntax. Overall, a great premise in a straight forward conversational style . It is obvious the author is both knowledgeable and passionate about his subject. UPDATE: The book has been re-edited and the latest version is much easier to read. Five Stars!!

The book communicates scientific research about happiness in simple yet not oversimplified terms. First, a philosophy of life is created, based on scientific research. It is then adapted to major issues, always in relation to happiness, success, and a good, fulfilled life in general. The reader will not find simple answers here, but complex scientific research, presented as an easy and good read. The author explains why a high self-esteem does not necessarily correspond with a better quality of life, and why it may cause serious problems just to work on an increasing self-esteem in order to reach a certain state of happiness. The reader learns about why it is so important to evaluate ourselves as reasonably as possible and about the obstacles we face in this process. The reason is shown why the majority of people overestimate rather than underestimate themselves. The book helps the reader to understand the underlying relations and provides a clear view on how to estimate oneself more reasonably. Considering the ambiguity of scientific research on this topic, I enjoyed how the book presented results in clear, understandable terms showing reasonable ways to improve life. In my opinion, the book achieves its goal completely. It is an interesting read, it is helpful and it comes at an unbeatable price. 5 stars.

It uses the myths of self-help literature to point out the nonsense many of us believe about a "good, happy life" (as the book puts it). With its simple language, I found it an interesting read.

Itâ€™s very hands on, a short conclusion and further reading suggestions after each chapter. Most other books on happiness only left me with vague ideas to take away (if any), but this one truly helped me. I could immediately find some ideas for how to improve my life, and I now better understand my own thoughts and problems and how to solve them. Masiâ€™s arguments are based on recent scientific research by mostly American psychologists, and he uses Freudâ€™s structural model of the mind (ego, super-ego, id) to explain why we do what we do. On that basis, the book achieves its mission to deliver scientific research about happiness in simple terms. One thing I want to point out is that the book is not about surrendering yourself. Possessions are only one of many points, and the book clearly states that we should maintain the lifestyle we want to live, but it argues that having to maintain things we only have to impress others or fit a preconceived notion of what we should want makes us just as unhappy as having less than we want. I think that is a very reasonable argument, and it is backed up by plenty of real scientific evidence. 5 stars.

I don't read a ton of self help books but this one was worthwhile. The author's sources were well documented and supported his scientific approach to what I call self actualization. There is no one size fits all approach to a life of fulfillment. Do not listen to the reviewers who said the book is negative. It is quite the opposite. I am retired and the author has given me permission to do what ever I feel passionate about. It can be something selfless or selfish. If it has meaning for me, then growth and contribution will be a natural outcome.

Debunks a lot of the typical self help teachings, including positive thinking and law of attraction. Basically says happiness comes from combining your passion and skills.

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