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I'm a writer for The Guardian based in Brooklyn, New York. My new book, *The Antidote: Happiness for People Who Can't Stand Positive Thinking* explores the upsides of [journal of a voyage round cape horn.pdf](#)

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Oliver Burkeman is a Guardian writer based in New York. Read his column here. He is the author of The Antidote: Happiness for People Who Can't Stand Positive Thinking
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Journalist Oliver Burkeman cheerfully guides us through the power of negative thinking in his new book The Antidote: Happiness for People Who Can't Stand Positive

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I'm a writer for The Guardian based in Brooklyn, New York. My new book, The Antidote: Happiness for People Who Can't Stand Positive Thinking explores the upsides of

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Let's get one thing straight: Oliver Burkeman does not want to cheer you up. His book The Antidote: Happiness for People Who Can't Stand Positive Thinking is full

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