
OLIVER BURKEMAN

A writer for The Guardian, and author of *The Antidote: Happiness for People Who Can't Stand Positive Thinking*.

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Burkeman is a journalist running a popular weekly column in The Guardian and online, and is a winner of the Foreign Press Association's Young Journalist of the Year award. He is the author of *The Antidote: Happiness for People Who Can't Stand Positive Thinking* (2012), which explores the upsides of negativity, uncertainty, failure and imperfection.

Currently based in New York, Burkeman investigates routes to mental wellbeing in a popular weekly online column in The Guardian called 'This Column Will Change Your Life' writing about social psychology, the self-help culture, productivity and the science of happiness. This formed the basis of his 2011 book, *Help! How To Become Slightly Happier and Get a Bit More Done*. His work has also appeared in The New York Times, The Wall Street Journal, The Guardian US, Esquire and Slate.

In his witty and eye-opening talk, Burkeman dismantles key myths of positive thinking, and reveals a far more powerful alternative. Drawing on wisdom from the ancient Stoics and Buddhists, along with cutting-edge psychology, he uncovers the forgotten benefits of turning towards uncertainty, failure, insecurity and fear as a path to lasting happiness, creativity and high performance.

Based on his book *The Antidote: Happiness for People Who Can't Stand Positive Thinking*, Burkeman shares stories from his adventures among practitioners of this unconventional approach, which took him from a silent meditation retreat, via the most dangerous neighborhoods of Mexico City, to the world's largest collection of failed consumer products. He offers practical, time-tested strategies for cultivating "negative capability" to enhance happiness, innovation, and resilience, in individuals and organizations alike.

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