



Complicated Lives: The Malaise of Modernity

Michael Willmott, William Nelson

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Complicated Lives examines the greatest conundrum of the modern world: why, despite being richer, healthier and more empowered than ever before, do we continue to feel threatened, under pressure and stressed? There's no denying that we've never had it so good, yet the stark truth is that levels of happiness are unchanged since the 1950s. Offering strategies and insights for avoiding 'the malaise of modernity' whilst exploiting positive experiences the 21st century has to offer, Michael Willmott and William Nelson take readers on a journey of self-discovery into the realities of life in today's complex, multi-channel world.

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