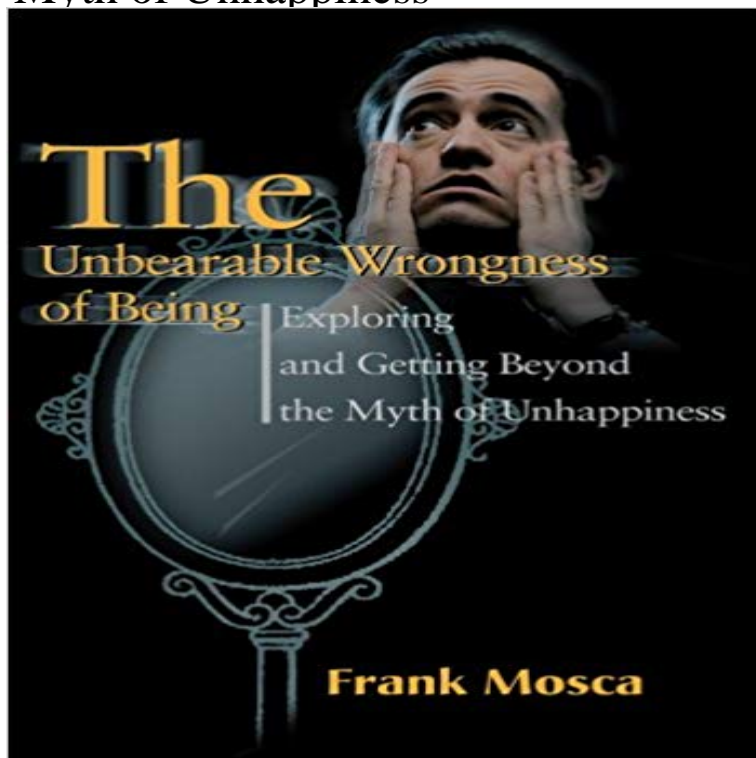


## The Unbearable Wrongness of Being: Exploring and Getting Beyond the Myth of Unhappiness



The Unbearable Wrongness of Being is an exploration of the Option Method perspective through the device of literary vignettes taken from classic literature and altered to create an Option dialogue in each story. The Option Method is a way to let go of your unhappiness through a dialogue method of self inquiry. It is a self educational tool that allows you to get to the heart of your assumptions about unhappiness and gradually see reality in a new light. It is practical, compassionate and non-ideological in nature. The fictionalized settings give a fine overview of how this method is utilized. You will see how Option could have operated with Dostoevskys Brothers Karamazov and the Grand Inquisitor in particular; how it reflects itself in Tolstoys Death of Ivan Ilych,; or in a lost dialogue of Plato, or in a new version of Euripides Medea, or eavesdrop on an Option discussion with the Buddha. That and more covering themes of Death, the Meaning of History, Love, Hate, Evil etc., are brought to life in the creative setting of the Option perspective at work in the creative process, a process alive in each of us. Join these fiction characters on a journey of discovery and find yourself opening the door to greater joy along with them!

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