

(Free download) Daily Afflictions: The Agony of Being Connected to Everything in the Universe

Daily Afflictions: The Agony of Being Connected to Everything in the Universe

Andrew Boyd

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#357881 in Books W.W. Norton Co 2002-01-17Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 7.00 x .40 x 5.10l, .40 #File Name: 0393322815128 pagesA dark, twisted, existential manifesto posing as a book of daily inspiration. Revolutionizing the best-selling genre, this thinking man's parody hijacks the format of daily affirmations but offers a different message: only in paradox, truth; only in darkness, light; only in affliction, affirmation. | File size: 48.Mb

Andrew Boyd : Daily Afflictions: The Agony of Being Connected to Everything in the Universe before

purchasing it in order to gauge whether or not it would be worth my time, and all praised *Daily Afflictions: The Agony of Being Connected to Everything in the Universe*:

1 of 1 people found the following review helpful. I'm an INFJ and this book just had me staring at the wall after numerous great expansions of ideas Boyd has and how they get ...By Lindsey B
This man depicted a lot of feelings I've struggled with in my own journals and made a greatly comforting narrative about human existence. I'm an INFJ and this book just had me staring at the wall after numerous great expansions of ideas Boyd has and how they get to you, and it's so awesome to see something translated so eloquently and intimately and feel like I wrote it myself. I think if a lot of people read this little book that they'd to get more in tune with their emotions, and connect with things outside themselves in a healthier way, and be a lot nicer, and probably confirm a lot of things they've probably always thought about themselves in the back of their mind. That's my favorite thing that books can translate to the reader, and this is a classic one to always have on your shelf to read every year to remind yourself of what it's really about if you're this kind of person.
2 of 2 people found the following review helpful. Very impressed
By M
Can't say enough positive stuff about this work ... Andrew Boyd just hits the nail on the head on page after page of this book ... I keep it by my bedside ... I give it as a gift ... very impressed ...
1 of 1 people found the following review helpful. Hilarious and profound.
By C. Reed
Love it, Hilarious and profound at the same time. It tickles nerves I use all too seldom. Delightful.

A dark, twisted, existential manifesto posing as a book of daily inspiration. Revolutionizing the best-selling genre, this thinking man's parody hijacks the format of daily affirmations but offers a different message: only in paradox, truth; only in darkness, light; only in affliction, affirmation. These "daily afflictions" offer readers inspiration, practical advice, and food for thought, as they navigate the jungle of existential terror that begins anew each day. We follow the fictional Brother Void on a spiritual journey, both profound and hilarious, into self, family, love, career, death?and, ultimately, Enlightenment. We learn to "listen to our inner critic," appreciate "the nurturing power of dysfunctional families," "love the wrong person," "succeed at failure," "embrace our inner corpse," and, finally, withstand the "agony of being connected to everything in the Universe." Part spiritual autobiography, part ironic meditation, this tragicomic guide to life's sublime predicaments will elevate and educate the spirit. The truth will set you free, Brother Void reminds us, but first it will hurt like hell.

From Publishers Weekly
Self-help satirist Andrew Boyd (*Life's Little Deconstruction Book*) manages to turn the affirmations genre on its head and still offer some inspirational wisdom in *Daily Afflictions: The Agony of Being Connected to Everything in the Universe*, a collection of brief meditations that urges readers to embrace sorrow and pain as the way to personal growth. Under tongue-in-cheek headings like "Living a Worthless Life," "Keeping to the Dark Path," and "The Trajedy of Commitment," Boyd emphasizes that failure in work and love is a necessary part of conscious life, and that a person can recognize the darkness and futility of life yet still dive into it headlong. Copyright 2001 Cahners Business Information, Inc.
About the Author
Andrew Boyd is a writer and activist living in New York. He is the author of *Life's Little Deconstruction Book: Self-Help for the Post-Hip*