



The Age of Absurdity: Why Modern Life makes it Hard to be Happy

By Michael Foley

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In a wry take on how contemporary culture is antithetical to happiness, Michael Foley paints a philosophical but hugely entertaining portrait of the cultural landscape—and comes up smiling

The good news is that the great thinkers from history have proposed the same strategies for happiness and fulfillment—the bad news is that these turn out to be the very things most discouraged by contemporary culture. This knotty dilemma is the subject of Michael Foley's wry and accessible investigation into how the desirable states of well-being and satisfaction are constantly undermined by modern life. He examines the elusive condition of happiness common to philosophy, spiritual teachings, and contemporary psychology, then shows how these are becoming increasingly difficult to apply in a world of high expectations. The common challenges of earning a living, maintaining a relationship, and aging are becoming battlegrounds of existential angst and self-loathing in a culture that demands conspicuous consumption, high-octane partnerships, and perpetual youth. Ultimately, rather than denouncing and rejecting the age, Foley presents an entertaining strategy of not just accepting but embracing today's world—finding happiness in its absurdity.

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Editorial Review

Review

"Delivers well-judged wisdom." —Oliver James, author, *They F*** You Up*

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About the Author

Michael Foley is a poet and novelist whose titles includ *Beyond* and *Getting Used to Not Being Remarkable*.

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