



How We Are: Book One of the How to Live Trilogy

By Vincent Deary

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How We Are: Book One of the How to Live Trilogy By Vincent Deary

How We Are is the first part of the monumental How to Live trilogy, a profound and ambitious series that gets to the heart of what it means to be human: how we are, how we break, and how we mend.

In *How We Are*, Vincent Deary explores the power of habit and the difficulty of change. As he shows us, we live most of our lives automatically, in small worlds of comfortable habit, unless an outside force compels us to adjust. Over decades of psychotherapeutic work, Deary has helped hundreds of people cope with change-teaching them to understand how they get stuck, how they struggle with new circumstances, and how they can finally transform for the better. Drawing on a staggering range of cultural and literary references- from Jacques Lacan to Mad Men, Marcel Proust to Chicago dance crazes-*How We Are* shows us how much of our lives are lived according to beaten paths, and explains why we are so resistant to conscious change.

Part psychologist, part philosopher, part novelist, Deary paints a mesmerizing universal portrait of the human condition and helps us to see how to break free of routine to make our actions and our lives more fully our own.

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How We Are: Book One of the How to Live Trilogy By Vincent Deary Bibliography

- Sales Rank: #1163373 in Books
- Published on: 2014-12-30
- Released on: 2014-12-30
- Original language: English
- Number of items: 1
- Dimensions: 215.90" h x .94" w x 5.84" l, 1.00 pounds
- Binding: Hardcover
- 272 pages



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Editorial Review

Review

“[*How We Are* is] a book about human nature. It's crammed with ideas. It makes your head spin, in a good way. It tells us that human beings form habits, and that we are less in control of our minds than we thought we were. This is how we are. I'm looking forward to *How We Break*.” ?William Leith, *The Spectator*

“Exhilarating . . . a lyrical, consoling exploration . . . It takes guts to recognize that change is called for, and more to follow it through. This book--so long as you don't read it on autopilot--should help.” ?Oliver Burkeman, *The Guardian*

“Fascinating . . . Profound . . . Wonderfully well-observed . . . [*How We Are*] could change lives.” ?Bel Mooney, *The Daily Mail*

About the Author

Vincent Deary is a health psychologist at Northumbria University who specializes in helping people change their lives for the better. *How We Are* is his first book.

Users Review

From reader reviews:

Jeffery Herring:

This book untitled How We Are: Book One of the How to Live Trilogy to be one of several books in which best seller in this year, that is because when you read this guide you can get a lot of benefit into it. You will easily to buy this specific book in the book shop or you can order it via online. The publisher of the book sells the e-book too. It makes you quicker to read this book, since you can read this book in your Mobile phone. So there is no reason to you personally to past this guide from your list.

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