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In *Against Happiness*, the scholar Eric G. Wilson argues that melancholia is necessary to any thriving culture, that it is the muse of great literature, painting, music, and innovation—and that it is the force underlying original insights. So enough Prozac-ing of our brains. Let's embrace our depressive side as the wellspring of creativity.

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~~Against Happiness: In Praise  
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In *Against Happiness: In Praise of Melancholy*, Wilson suggests it would be better to relish the blues that make humans people. Eric G.

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Wilson is the Thomas H. Pritchard Professor of English at Wake Forest University in Winston-Salem, North Carolina.

~~Against Happiness: In Praise  
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Against Happiness, In Praise of Melancholy by Eric G. Wilson is a philosophical meditation on today's obsession with happiness, the constant fight to eradicate any trace of sadness or melancholy and any moment of doubt and inner questioning by all means including numbing entertainment, medication, excessive insistence on

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~~Melancholy~~ Eric G Wilson  
positive thinking and  
vilification of blueness. He  
argues that all these lead  
to a diluted existence,  
indeed to a refusal of true  
existence itself.

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lifts the spirits." – Colin

McGinn, The Wall Street

Journal

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BF575.M44 W55 2008. Against Happiness: In Praise of Melancholy is a nonfiction book by Eric G. Wilson that examines the benefits of being sad. The author denotes in the book that diagnosable conditions should be treated accordingly, and is in no way saying it is "normal" or "good" to be depressed. Rather, he seeks to point out that melancholy, or as he dubs it "generative melancholy " can be a powerfully creative force that has motivated the likes of Virginia Woolf, John

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~~Against Happiness~~  
Wikipedia

In the remainder of *Against Happiness: In Praise of Melancholy*, Wilson goes on to explore how we can avoid falling in the trap of such shallow and superficial “happiness,” reap the spiritual benefits of darker emotions, and learn to be ennobled and creatively empowered rather than consumed by them.

~~In Praise of Melancholy and  
How It Enriches Our Capacity~~  
...

Against Happiness This blog  
exposes the limitations of

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Melancholy Eric Wilson  
happiness and reveals the  
powers of life's more  
acerbic sides--melancholia,  
morbid curiosity, and  
irony--all of which I  
explore in my recent books:  
EVERYONE LOVES A GOOD TRAIN  
WRECK: WHY WE CAN'T LOOK  
AWAY; AGAINST HAPPINESS: IN  
PRAISE OF MELANCHOLY; THE  
MERCY OF ETERNITY: A MEMOIR  
OF DEPRESSION AND GRACE; and  
MY BUSINESS IS TO CREATE:  
BLAKE'S INFINITE WRITING.

~~Against Happiness~~

Let's embrace our depressive  
sides as the wellspring of  
creativity. What most people  
take for contentment, Wilson  
argues, is living death, and  
what the majority takes for

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depression is a vital force.

In *Against Happiness: In Praise of Melancholy*, Wilson suggests it would be better to relish the blues that make humans people.

~~Against Happiness: In Praise of Melancholy – Kindle ...~~

Praise for *Against Happiness*

“Mr. Wilson's case for the dark night of the soul brings a much needed corrective to today's mania for cheerfulness. One would almost say that, in its eloquent contrarianism and earnest search for meaning, *Against Happiness* lifts the spirits.” – Colin McGinn, *The Wall Street Journal*

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~~Against Happiness | Eric G.  
Wilson | Macmillan~~

In *Against Happiness*, the scholar Eric G. Wilson argues that melancholia is necessary to any thriving culture, that it is the muse of great literature, painting, music, and innovation—and that it is the force underlying original insights.

~~Against Happiness: In Praise  
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~~Against Happiness: In Praise  
of Melancholy — Eric G ...~~

“Against Happiness” is a controversial book, in the context that it ‘glorifies’ melancholy as the source of creativity, and criticizes people for wanting to be constantly happy, even stating that such endeavors might destroy this world. We recommend it to self-help buffs and all those who feel intrigued by this subject.

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Summary — Eric G. Wilson |  
12min Blog~~

Against Happiness Quotes  
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~~Melancholy Eric G. Wilson~~  
some of you have felt the same way that I do. You have turned sullenly from those thousands of glowing, perfect teeth lighting the American landscape and slouched to the darkness—the half-lighted room, the twilight forest, the empty café. There you have sat and settled into the bare, hard fact that the world is terrible in its beauty, indifferent much of the time, incoherent and nervous and resplendent when on certain evenings, when the  
...

~~Against Happiness Quotes by  
Eric G. Wilson~~

Against Happiness NPR

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Wilson. News, author  
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