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Why Smart People Hurt: A Guide for the Bright, the Sensitive, and the Creative

By Eric Maisel



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Why Smart People Hurt: A Guide for the Bright, the Sensitive, and the Creative By Eric Maisel

The challenges smart and creative people encounter--from scientific researchers, genius award winners, to bestselling novelists, Broadway actors, high-powered attorneys, and academics--often include anxiety, over-thinking, mania, sadness, and despair.

Specifically, the challenges that smart people face, including:

- "racing brain syndrome"
- living in an anti-intellectual culture
- finding ideas worth loving
- dealing with boredom and hypersensitivity
- finding meaning in their lives and their work
- struggling to achieve success

In *Why Smart People Hurt*, psychologist Dr. Eric Maisel draws on his many years of work with the best and the brightest to pinpoint these often devastating challenges and offer solutions based on the groundbreaking principles and practices of natural psychology.

His thoughtful strategies include using logic and creativity to cope with the problems of having a brain that goes into overdrive at the drop of a hat. With a series of questions at the end of each chapter, he guides the reader to create his or her own roadmap to a calm and meaningful life.

Why Smart People Hurt is a must-read for parents of gifted children as well as the millions of smart and creative people that are searching for a more meaningful life.

For more information please visit: www.whysmartpeoplehurt.com



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Editorial Review

Review

"If you're so smart, why are you in so much pain? Dr. Maisel gets to the root of the special mental challenges of bright people, provides a new system for deriving meaning and joy from life, and helps you conquer the special challenges of being smart with compassionate and invaluable advice! This book will make a smart person even smarter." --**Dr. Katharine Brooks**, *You Majored in What? Mapping Your Path from Chaos to Career*

"In this insightful examination of the challenges bright individuals face, Eric Maisel explores how to reclaim your passion and to live a richer and more productive life. It's a smart move to read this wise book." --**John Moir**, *Return of the Condor: The Race to Save Our Largest Bird from Extinction*

"Eric Maisel's *Why Smart People Hurt* is original, provocative and also reassuring. His conceptualization of mania as a thinking disorder and his treatment for this are original ideas that to my knowledge have never before been expressed. I have taken several courses from Eric and I know personally how powerful his methods are. His principles of natural psychology are, as he describes, simple and yet immensely practical and effective." --**Dr. Laurie Jo Moore, MD, ABPN, FRANZCP**

"A must-read for parents of gifted children and the 1.5 billion people who find themselves in the top 20% of the world's population, *Why Smart People Suffer* powerfully explains the struggles of our best and our brightest and provides answers with the potential to change the lives of millions of readers." -**Gail McMeekin**, author of *The 12 Secrets of Highly Creative Women*

About the Author

Eric Maisel, Ph.D., is the author of more than 40 books in the areas of creativity, psychology, coaching, mental health, and cultural trends. He is a psychotherapist and creativity coach, and writes for *Psychology Today* and *Professional Artist Magazine* and presents workshops internationally. Visit him at www.ericmaisel.com.

Users Review

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Louis Clark:

Spent a free time for you to be fun activity to do! A lot of people spent their free time with their family, or their friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled *Why Smart People Hurt: A Guide for the Bright, the Sensitive, and the Creative* can be very good book to read. May be it could be best activity to you.

James Rodriguez:

A lot of people always spent their very own free time to vacation or go to the outside with them household or their friend. Do you realize? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day every day to reading a book. The book Why Smart People Hurt: A Guide for the Bright, the Sensitive, and the Creative it is quite good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy typically the e-book. You can m0ore quickly to read this book from the smart phone. The price is not too costly but this book possesses high quality.

Joseph Benoit:

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Robin Bone:

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