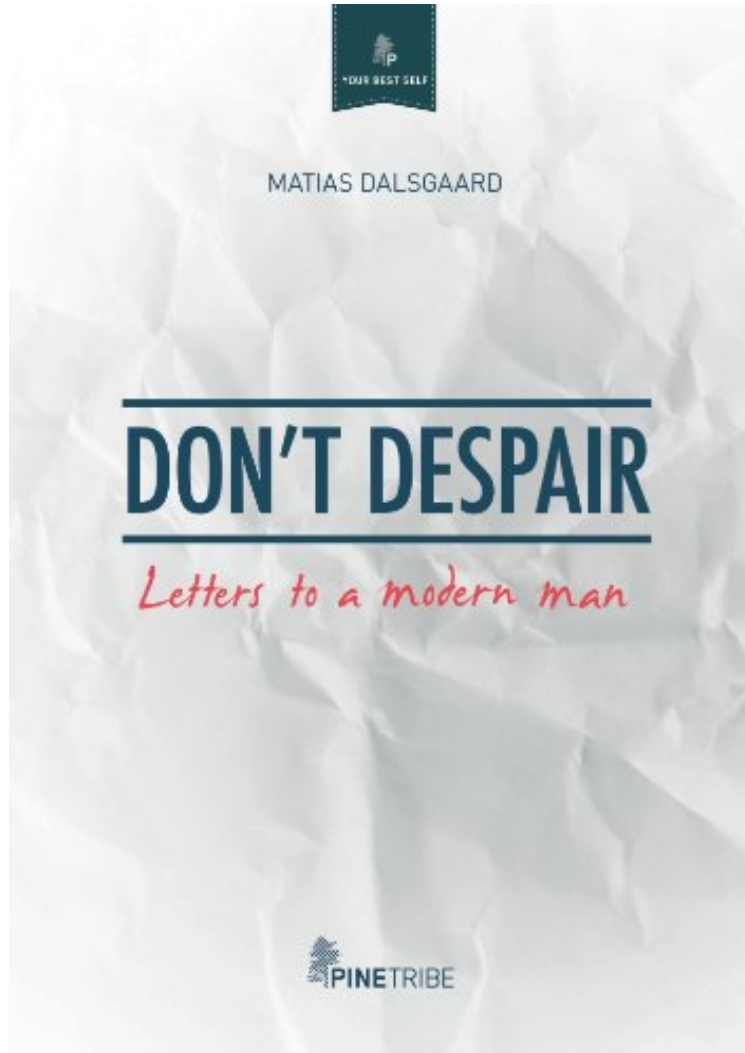


(Library ebook) Don't Despair: Letters to a Modern Man (Your Best Self)

Don't Despair: Letters to a Modern Man (Your Best Self)

Matias Dalsgaard

**Download PDF / ePub / DOC / audiobook / ebooks*



#131735 in eBooks 2014-08-11 2014-02-15 File Name: B00IKPS5U4 | File size: 15.Mb

Matias Dalsgaard : Don't Despair: Letters to a Modern Man (Your Best Self) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Don't Despair: Letters to a Modern Man (Your Best Self):

0 of 0 people found the following review helpful. Thoughts from a modern man By Anders Carlsen I have read my fair share of self help books over the last decade and usually you come away with one or two ideas that you try to do something with in your own life. Seldom have I had the experience of thinking that a self help book just as easily could have been written with me as the main character. It is a great testament to the deep thinking and writing skills of Matias Dalsgaard that he is able to pinpoint something as profound as the life situation of this reader. I was captivated by the unravelling of Rasmus's life and the accurate diagnosis of his predicaments that his uncle offers.

Fortunately he also offers a way out albeit it is not a couple of easy fixes. This is not your typical self help book. This is something far more profound that challenges you to reexamine your priorities and answer the fundamental question: Why are you here and how can you embrace your life? Don't despair. There is a way. 0 of 0 people found the following review helpful. I appreciate the contents in the book for helping elaborate the characters of the people like me. Reading is not down yet By WangZheng As an insecure overachiever, I appreciate the contents in the book for helping elaborate the characters of the people like me. Reading is not down yet, but I highly recommend for a reading, especially the sort of people like us. 3 of 3 people found the following review helpful. A fantastic starting point for introspection. By Vicki Chuang This novel has changed the way I approach life. That's a pretty big statement that I don't use lightly. When I first picked up the eBook copy, I was going through a pretty rough patch, and of course the optimistic title caught me. I've never been someone who is capable of sort of meandering through life--the "stop and smell the roses", "meditate in the present" kind of person. I've spent much of my life actively pursuing goals and a seemingly endless stream of new ambitions, hobbies, whatever, busy constructing what Dalsgaard calls a life "narrative". I've never recognized this process as, in fact, a way of escaping the reality, impatience, and ultimately, pain of being in the present. Dalsgaard's words were a new perspective for me, and they spoke to me at a deeper, more personal level, which was a very different experience from studying Kirkegaard and the Bible as academic texts. The novel itself is a beautiful dance of philosophy, religion, spirituality, and just plain old life lessons. It's written as a series of intimate letters between a priest and his struggling nephew, the "modern man", whom I think many will find we relate to more than we'd like to. I often found myself feeling within the world of Morten and Rasmus, going back and rereading the "letters" from Morten as you would the wise words of a letter from your own close friend. I'm a scientist, and for me personally, philosophy and religion were not things that I previously found very close to my heart or even useful at all. Reading this was good way of connecting and engaging with these topics at a more personal level, especially for someone who tends to think very academically, like me. This is definitely one I'll keep and come back to again when it's time to do some reflecting and progressive thinking. I hope you will all find it as wonderful. I wholeheartedly recommend it.

Don't Despair is a moving epistolary novel about urban modern living. It recounts the story of a successful young overachiever, whose world collapses after his wife and child abandon him. The book consists of existential letters written from a Lutheran priest to his nephew. The letters include philosophical and theological reflections on why he believes life goes wrong for his nephew, and what it would take to get over this life crisis. In his book, Dalsgaard shows how Christianity at a psychological and existential level has a helpful message to the modern man. The book is a Lutheran-Kierkegaardian perspective on life, criticizing the modern perspective of being self-centered and ultimately despaired. The book, however, is not only a critique of a modern lifestyle and self-perception; it is a revelatory and helpful text. Don't Despair is written with the intention to help the modern person overcome despair, and find renewed joy and courage to exist.