

TØR DU MÆRKE LIVET?

DARE TO FEEL ALIVE

JP/POLITIKENS FORLAGSHUS

NON FICTION

ABOUT THE BOOK

“Are you happy all the time?” This is a question that psychologist Sarah Zobel Kølpin has been asked again and again, ever since the publication of her book, *Make Your Life Happy — Using Positive Psychology*, in 2008.

The question has prompted her to challenge our constant striving for happiness and the perfect life. People nowadays make unrealistic demands on themselves and their family, expecting to have a life in which happiness always exists in the relationships between husband, wife, and children and expecting to live in a perfect home. If this is the ideal, then many people end up feeling that they’ve failed, which can lead to stress, low self-esteem, and a sense of emptiness.

In her new book *Dare to Feel Alive*, Kølpin uses her knowledge and expertise to question this type of striving. She presents the reader with ideas and exercises that may help to create a greater feeling of closeness and also improve relationships. This, in turn, can generate a greater harmony and sense of purpose in life.

Central to her presentation is the concept of compassion, which is the key to a more joyous life. Compassion is often considered synonymous with empathy, but it’s not quite the same

thing. Compassion requires you to be able to

draw on similar experiences and feelings as the person you are trying to relate to. If you can learn to accept and respect yourself, and also let go of the inner critic, this will lead to greater compassion and give you more energy for other people.

THE AUTHOR

Sarah Zobel Kølpin is the author of the bestselling *Make Your Life Happy — Using Positive Psychology* from 2008. She is a vocational psychologist specializing in positive psychology and meditation. She has worked in the areas of management development and recruitment for Novo Nordisk. For a number of years she has sought to combine a scientific, psychological approach with an Eastern, spiritual understanding of human beings. Kølpin regularly gives lectures on happiness, meditation, and positive psychology.



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— en bog om at finde nærvær og overskud til sig selv og andre

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