

I Tried Until I Almost Died

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tired of trying to measure up trade your anxiety and frustration for rest and relaxation many of us believe that in order to please god we have to be perfect it's an easy lie to buy into in a culture that emphasizes accomplishment and ever higher goals we feel driven to do more achieve more be more and we get caught up in the unforgiving treadmill of self imposed rules believing that we should we need to we must the result anger frustration and anxiety that keep us far away from the life of peace that jesus promised for years sandra mccollom lived in this trap finally worn out from striving for perfection but constantly feeling like a failure one day she prayed in desperation begging god for help god answered sandra by setting her on a life changing journey to discover the riches of his grace in i tried until i almost died sandra shares how she left behind her burden of anxiety and fear and shows you how to experience for yourself the freedom of trusting solely in the perfecting power of god's grace

containing a retrospective view of every discovery and practical improvement in the medical sciences abstracted from the current medical journals of the united states and canada

a next big idea club must read of february 2025 von hippel presents a radically new way to understand why human happiness has diminished what's more he offers superlative advice for how to get back on track sonja lyubomirsky new york times bestselling author of the how of happiness from the author of the social leap comes this thought provoking exploration into humans two core evolutionary needs for connection and autonomy how the modern world has thrown them out of whack and how we can rebalance them to improve our lives why do people who have so much leading comfortable lives filled with unprecedented freedom choice and abundance often feel so unhappy and unfulfilled this phenomenon is a defining paradox of our time and one we endlessly seek to solve in the social paradox psychologist william von hippel argues that we need to think about this problem in a new way by changing our perspective we might finally see the solution bringing us greater happiness and more satisfying relationships the key is to understand the interplay between our two most basic psychological needs for connection and autonomy evolution made us dependent on one another for survival instilling in us a strong need to connect it also made us seek autonomy so our ancestors could

distinguish themselves within their groups improving their chances to procreate and gain status these two opposing needs are our most fundamental psychological drivers and while our lives once ensured a happy balance between them the opportunities of today's world have thrown it out of whack as von hippel explains our modern world no longer demands connection but it provides endless opportunity for autonomy this lopsidedness lies at the root of many of our most intractable problems recognizing this imbalance and working to counter it can drastically change how we make decisions spend our time and find happiness the social paradox invites us to examine the fundamental building blocks of life and society politics religion urban living marriage in a brand new way once we understand the evolutionary forces driving us we can begin to see how to counteract the emptiness and loneliness of contemporary life

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