

THING WON'T MAKE YOU HAPPY!

HERE ARE 5 WAYS TO GET PAST THE PARADOXES OF LIFE

Dr. Matt Townsend
KSL Studio 5 Interview
November 9, 2020



How can I avoid the pitfalls of paradox?

Much of our problems of life come from living a paradox & we don't know we're living it.

WE KNOW WE'LL DIE...Yet we live like our days are endless.

THE MORE THINGS WE HAVE...The less freedom we experience.

WE WANT THE BEST...But we don't want to work for it.

WE ARE FIGHTING OVER COVID...The same way COVID is fighting over us.

WE GET WHAT WE WANT...And we still aren't happy.

reflections:

What paradoxes am I fighting in my life?

Which paradox can I learn to cope with better?

How can I use my knowledge of life paradoxes to live more fully?

Notes: