

Groundbreaking New Book to Redefine Depression and the Mental Health Crisis

“Understanding Happiness” delivers a new theory on the nature of the mind with simple, practical techniques to combat depression

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This groundbreaking theory explains how our minds evolved to keep our ancestors safe. It explains why these processes do not work so well in our modern landscape. The book explains why our mind creates “wants and desires” and how these make us unhappy. It explains why we judge and why we fear being judged. It also proposes a simple theory of why our minds “talk” to us. Once readers understand what the mind is doing when it talks to them, they are given the confidence to ignore the conversations and the motivation to want to change how they interact with the world. The book provides simple, practical techniques to observe the process within themselves, techniques to remain more present spending less time in the mind, and shows how to experience unconditional love and apply it to everyday life.

Happiness is easier than you think. Stop thinking and you’ll be happy.

Mat Robinson ~ The Gregarious Hermit

This little book has the power to change lives and help humanity evolve. The simple theory that was staring us right in the face for so long will undoubtedly lead to new therapies and tools to help in the ongoing battle with depression and mental health.

Mat Robinson, also known as “the Gregarious hermit” because of his outgoing, introverted nature, was born in Sheffield, England in 1972. He studied hard and became an Electrical engineer, designing computer hardware. Moved to the U.S. in the 90’s to write software for Lucent Technologies. Started his own consulting company at a time when outsourcing was taking off. Designed websites for a while. Turned to his artistic passion and opened a photography studio in time for Facebook and cell phones to dominate the family portrait scene. This downward spiral placed a huge burden on his life and mental wellbeing. The final straw being when his best friend was diagnosed with brain cancer. The overwhelming stress and subsequent questioning of life’s purpose resulted in an ego-death and spontaneous spiritual awakening. Living with a completely silent mind and the witnessing the rebirth of that little voice in his head, gave Mat tremendous insight into the nature of the mind and how it makes us unhappy despite an abundance of things that promise otherwise.

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