

The Perception Myth

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Synopsis

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There are millions of self-help books that all promise the secret to obtaining a happy life - a successful career, lots of money, loving relationships, a defined and firm sense of morality; whatever could possibly define "happiness" for one person. But nothing is possibly more subjective than happiness. Everyone thinks of happiness as something different, but what they think may not actually be true. Brad Wheelis struggled with an incorrect idea of happiness for years, held back by his perceived flaws, low self-esteem, and societal pressure to be perfect. Eventually, he realized that he had been chasing the wrong ideal. Today, Wheelis believes that a truly happy life is impossible. No one can be happy all of the time. But you can strive to achieve fulfilled lives that contain both happiness and sadness by making a series of changes: how your preconceived notions of fulfillment differ from realistic goals, what you want to accomplish for yourself, and how you can make those ideas come true. Making a conscious decision to transform your perceptions of both trivial and significant aspects of your life, one at a time, will lead you to your own kind of happiness and inner greatness. *The Perception Myth* combines personal memoir with a step-by-step approach to happiness for anyone who is afraid or does not know how to take risks. Fulfillment is around the corner; you just need to figure out how to reach it.

Reader's comments

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