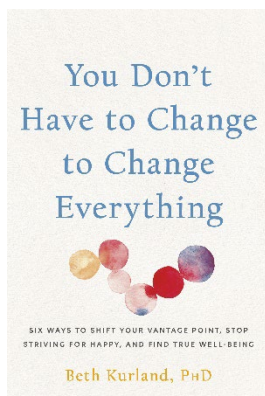


“We have a happiness problem in our culture, and it is making many of us—well, unhappy. There is an unspoken myth that somehow, we ‘should’ be happy, at least much of the time, as if happiness is the holy grail or gold standard upon which we determine the value of our life. The problem is that when we don’t feel happy, we often feel like we are falling short in some way, or that there is something wrong, or even that there is something wrong with us.”—from the Introduction

# *You Don't Have to Change to Change Everything*

*Six Ways to Shift Your Vantage Point, Stop Striving for Happy, and Find True Well-Being*

By **Beth Kurland, PhD**



One of the most significant sources of suffering comes from our human tendency to avoid difficult emotions. We are not taught how to face these unpleasant, often daily inner experiences, so we tend to push them away, ignore them, or become unwittingly overwhelmed by them. Yet how we meet and greet these difficult emotions has everything to do with our well-being, resilience, and ability to connect with ourselves and others. Instinctually, we fight against our uncomfortable emotions. In doing so, we reinforce messages of “not good enough” or “something is wrong with me that I am feeling this way.”

In *You Don't Have to Change to Change Everything* we learn that, instead of forcing ourselves to feel “happy” and pushing away what is unpleasant, or instead of getting hooked by intense emotions, we can change our perspective. Dr. Beth Kurland offers six vantage points to shift to when difficult emotions arise. They include:

- The Anchor View: Finding Stable Ground
- The Child View: Curiosity Is Your Superpower
- The Audience View: Learn to Zoom Out
- The Compassionate Parent View: How to Become Your Own Ally
- The Mirror View: Your Strengths and Imperfections Are Welcome Here
- The Ocean View: We're All in This Together

Being aware from each of these six vantage points allows us to cultivate inner stability, greater awareness of our internal strengths and inner resources, interconnection with the world around us and, perhaps most importantly, self-compassion. In this way, *You Don't Have to Change to Change*

*Everything* provides a uniquely doable approach to healing that emphasizes changing our perspective instead of changing ourselves.

**BETH KURLAND, PhD**, is a clinical psychologist with three decades of experience. She is also a TEDx and public speaker, a mind-body coach, and an author of three award-winning books: *Dancing on The Tightrope: Transcending the Habits of Your Mind and Awakening to Your Fullest Life*; *The Transformative Power of Ten Minutes: An Eight Week Guide to Reducing Stress and Cultivating Well-Being*; and *Gifts of the Rain Puddle: Poems, Meditations and Reflections for the Mindful Soul*. Beth blogs for *Psychology Today* and is the creator of the Well-Being Toolkit online program. She lives in the Boston area. For more, visit [BethKurland.com](http://BethKurland.com).

## Advance Praise for *You Don't Have to Change to Change Everything*

"Beth Kurland's reassuring title says it all, and yet offers clear, concise, compassionate instructions for powerful personal transformation."

—Chris Willard, Faculty, Part-Time, Harvard Medical School and author of *How We Go Through What We Grow Through*

"As a mental health clinician and executive in the field of wellness, I find this book to be a treasure trove of insights. It beautifully bridges the gap between scientific understanding and everyday experiences to offer readers a compelling roadmap to emotional resilience and personal fulfillment. This book shares a refreshing perspective on self-growth and mindfulness and is a must-read for those on a path to deeper self-awareness and well-being."

—Aimee Gindin, MSCP, Chief Marketing Officer, LifeSpeak Inc.

"In a sea of self-help hacks, *You Don't Have to Change to Change Everything* stands apart in its ability to blend the latest research with the wisdom of the ages to give you insights you can actually use. Beth Kurland's voice rings true and clear—a brilliant, empathetic voice reminding us that we aren't flawed beings to be fixed, but whole beings whose minds and hearts are on the verge of flourishing. Kurland has given us all a new vantage point from which to see our lives and each other."

—Terri Trespicio, author of *Unfollow Your Passion: How to Create a Life that Matters to You*