

# Why We Are Restless



Restlessness is a feeling that resonates with all of us at some point in our lives. It is a powerful force that drives us to seek change, explore the unknown, and evolve as individuals. Whether it stems from personal dissatisfaction, a quest for personal growth, or an inherent human trait, restlessness has the potential to shape our lives and create a better tomorrow.

## **The Urge for Adventure**

Humans have always been explorers. From the early days of mankind, we ventured into the unknown, facing challenges and discovering new horizons. Our desire for adventure and discovery is deeply rooted in our DNA. Restlessness fuels this inner drive, pushing us to leave our comfort zones and experience new

places, cultures, and ideas. The thrill of the unknown ignites our curiosity and helps us grow as individuals.



Why We Are Restless  
On the Modern Quest for Contentment  
Benjamin Storey  
James Miller Brady

## Why We Are Restless: On the Modern Quest for Contentment (New Forum Books Book 69)

by Benjamin Storey (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English  
File size : 1711 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 260 pages



### The Pursuit of Personal Growth

Restlessness often arises from a deep yearning for personal growth and development. We recognize the potential within ourselves and strive to unleash it. We are constantly seeking new challenges, knowledge, and experiences to expand our horizons and improve the quality of our lives. Whether it's learning a new skill, exploring different career paths, or engaging in personal relationships, restlessness drives us to seek growth and become the best versions of ourselves.

### The Unquenchable Thirst for Meaning

Restlessness is often fueled by a quest for meaning and purpose in life. We yearn for significance and a sense of fulfillment. Society's norms and expectations can sometimes lead us astray, causing a misalignment between our

true desires and the path we find ourselves on. Restlessness serves as a wake-up call, urging us to reevaluate our choices, passions, and priorities. It pushes us to question and redefine our purpose, ultimately finding fulfillment in lives that align with our authentic selves.

## **The Embrace of Change**

Change is an inevitable part of life, and restlessness helps us embrace it. We are not content with complacency or stagnation. Restlessness motivates us to adapt, evolve, and strive for progress. It pushes us to abandon comfort zones, overcome fears, and face the unknown. By embracing change, we open ourselves up to new opportunities and experiences that enrich our lives and propel us forward in both personal and professional spheres.

## **The Catalyst for Innovation**

Innovation is driven by a sense of restlessness. The desire to challenge the status quo and improve existing systems and processes fuels progress. Restless individuals constantly question the world around them, seeking ways to make it better. They dare to dream big, think differently, and take risks. Without restlessness, society would stagnate. It is this innate human trait that has given rise to groundbreaking inventions, scientific discoveries, and technological advancements that continue to shape our world.

## **The Search for Authentic Connections**

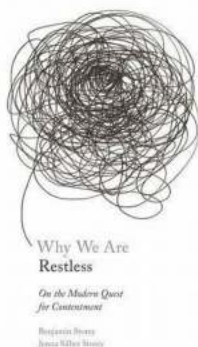
In an increasingly connected yet disconnected world, restlessness urges us to seek authentic connections with others. We long for meaningful relationships that go beyond the surface level. Restlessness encourages us to reach out, connect, and form genuine bonds with others who share our values, passions, and aspirations. It drives us to create communities and foster a sense of belonging, ultimately enriching our lives with love, friendship, and support.

## The Pursuit of a Better Tomorrow

Restlessness is not merely a state of mind; it is a catalyst for change. It inspires us to envision a better future and take action towards its realization. Restless individuals challenge the established norms, push boundaries, and strive for progress in all aspects of life. Whether it's social justice, environmental sustainability, or personal well-being, our restlessness urges us to make a positive impact on the world around us, leaving a legacy that transcends our own existence.

## Embracing Our Restlessness

Instead of viewing restlessness as a negative force to be suppressed, we should embrace it as a powerful driver of growth, innovation, and personal fulfillment. By harnessing our restlessness, we can navigate through life with a sense of purpose and curiosity, constantly evolving and making a positive impact on ourselves and the world around us. So, let us embrace our restless spirits and embark on the journey of self-discovery, growth, and meaningful change.



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A compelling exploration of how our pursuit of happiness makes us unhappy

We live in an age of unprecedented prosperity, yet everywhere we see signs that our pursuit of happiness has proven fruitless. Dissatisfied, we seek change for the sake of change—even if it means undermining the foundations of our common life. In *Why We Are Restless*, Benjamin and Jenna Storey offer a profound and beautiful reflection on the roots of this malaise and examine how we might begin to cure ourselves.

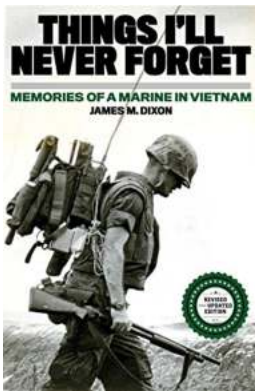
Drawing on the insights of Montaigne, Pascal, Rousseau, and Tocqueville, *Why We Are Restless* explores the modern vision of happiness that leads us on, and the disquiet that follows it like a lengthening shadow. In the sixteenth century, Montaigne articulated an original vision of human life that inspired people to see themselves as individuals dedicated to seeking contentment in the here and now, but Pascal argued that we cannot find happiness through pleasant self-seeking, only anguished God-seeking. Rousseau later tried and failed to rescue Montaigne's worldliness from Pascal's attack. Steeped in these debates, Tocqueville visited the United States in 1831 and, observing a people "restless in the midst of their well-being," discovered what happens when an entire nation seeks worldly contentment—and finds mostly discontent.

Arguing that the philosophy we have inherited, despite pretending to let us live as we please, produces remarkably homogenous and unhappy lives, *Why We Are Restless* makes the case that finding true contentment requires rethinking our most basic assumptions about happiness.



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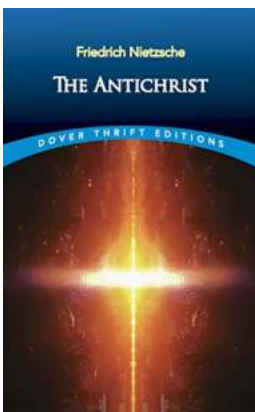
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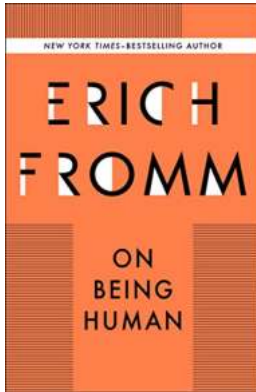
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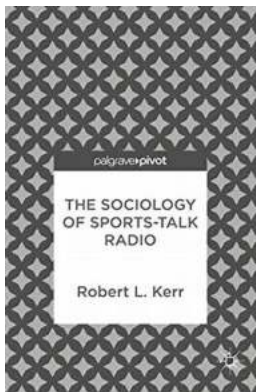
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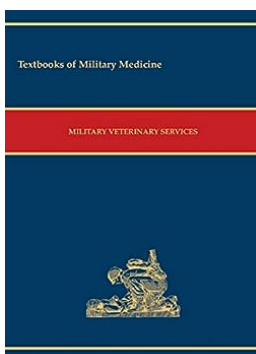
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