



Super Psyched: Unleash the Power of the 4 Types of Connection and Live the Life You Love

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Adaptable to different people's needs and empowering for all, Super Psyched is a self-help book that encourages connecting with the world around you to foster personal fulfillment.

Therapist Adam Dorsay's supportive self-help book *Super Psyched* introduces four types of connection that could ensure a fulfilling life.

Incorporating personal anecdotes into its theories, the book proclaims that there is a connection crisis. People are burned out, it says; many hate their jobs and complain about their effects on their identities and family lives. A paradigm shift is suggested: instead of thinking of connection in terms of people within one's immediate orbit, connection should be regarded as a broader "life force" that includes "how a person relates to themselves in an authentic sense," including in regard to art, nature, and activities. It encourages people to connect with themselves, with others, with the world, and with "something greater."

Each connection section is supported by personal stories, relevant takeaways, and a specialized toolkit that varies from chapter to chapter. The stories are empathetic and humorous, as with a lesson learned from going to a George Michael concert: using the term "guilty pleasure" for activities one enjoys is giving in to others' opinions of what to like and what not to like instead of living one's life with authenticity. And the toolkits take the form of surprising interactive exercises like a Connection Inventory and a list of "When Have I?" questions. Some of the recommendations are generic, though, as where the book decries the overuse of social media over appreciating art or finding a purpose. Still, the corresponding solutions are often inventive, as with a "connection formula exercise" that suggests combating self-criticism by taking a private video and noting certain blind spots and changeable habits in a gentle manner.

The book is adaptable to different people's needs, noting that "we all need a different connection prescription," just like dietary recommendations for vitamin C intake often vary, and forcing one person's connection type onto another person for whom it is ill-suited is nullifying. A vast array of options for connection are thus represented, making the text empowering for all. However, while most of the book's sources are credible, the book's reliance on Wikipedia to define its bigger concepts impedes it.

Super Psyched is an inclusive self-help guide about connecting with oneself and the world at large to foster greater well-being.

STEPHANIE MARRIE (August 22, 2024)

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