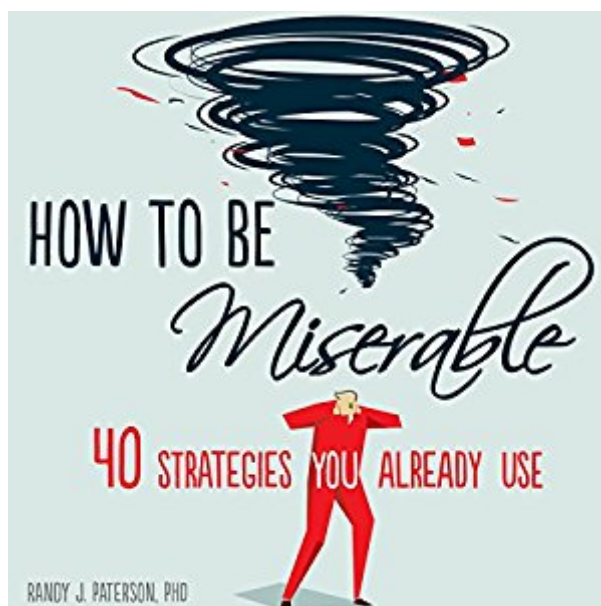


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# How To Be Miserable: 40 Strategies You Already Use



## Synopsis

In *How to Be Miserable*, psychologist Randy Paterson outlines 40 specific behaviors and habits which - if followed - are sure to lead to a lifetime of unhappiness. On the other hand, if you do the opposite, you may yet join the ranks of happy people everywhere! There are stacks upon stacks of self-help books that will promise you love, happiness, and a fabulous life. But how can you pinpoint the exact behaviors that cause you to be miserable in the first place? Sometimes when we're depressed, or just sad or unhappy, our instincts tell us to do the opposite of what we should - such as focusing on the negative, dwelling on what we can't change, isolating ourselves from friends and loved ones, eating junk food, or overindulging in alcohol. Sound familiar? This tongue-in-cheek guide will help you identify the behaviors that make you unhappy and discover how you - and only you - are holding yourself back from a life of contentment. You'll learn to spot the tried-and-true traps that increase feelings of dissatisfaction, foster a lack of motivation, and detract from our quality of life - as well as ways to avoid them. So, get ready to live the life you want (or not?). This fun, irreverent guide will light the way.

## Book Information

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## Customer Reviews

Where has this book been all my life?! I'm definitely the type that would buy a lot of self help books on how to be happy and get out of depression. While I know one should seek professional help for severe depression, this book helped me get out of the slump I was in. I have been mildly depressed for over a year now. This book points out everything that I had been doing and it all just so happens I was making myself miserable. It's easy to be miserable so why not just do the opposite. After

reading this book, I started eating better and going out for walks and slowly but surely I'm letting light into my life again.

This is a fantastic book. I listened to the AoM podcast with the author of the book. It sounded great. I read it pretty quickly as it isn't a large book. I did find that I did some of the things in the book that will make you miserable. Its satire and tongue-in-cheek, so know that going in. IT should help you identify things you are thinking and doing that may make your life a bit on the miserable side.

This book definitely helped me see all the negative aspects I was implementing in my life. Working 8-5, going home, watching TV, sleep. Rinse. Repeat. No wonder I was miserable! This definitely helps open your eyes to your own faults in your life and gives you the drive to fix it.

Glad I have this loaded on my Kindle. Whenever I'm having a pity party for myself I read a couple of chapters. Snapped me back to reality when I first got it.

The author describes everything I have done to achieve a monumental level of being miserable. After reading this I realized that I was the architect of my own misery. Not all misery and miserable circumstances are self imposed, so read this and see how much is and what you are left with may be manageable..

This book is perfect. You will discover why your making yourself unhappy and how to fix it. This book is written in the way your brain works. It's not that you aren't doing things to make yourself happy. It's that your doing more things to make yourself be miserable. This book can help anyone and is also very entertaining.

Insightful.. I have shared the points with others

great book on the depression that faces many Americans and how we have unwittingly caused it ourselves.

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