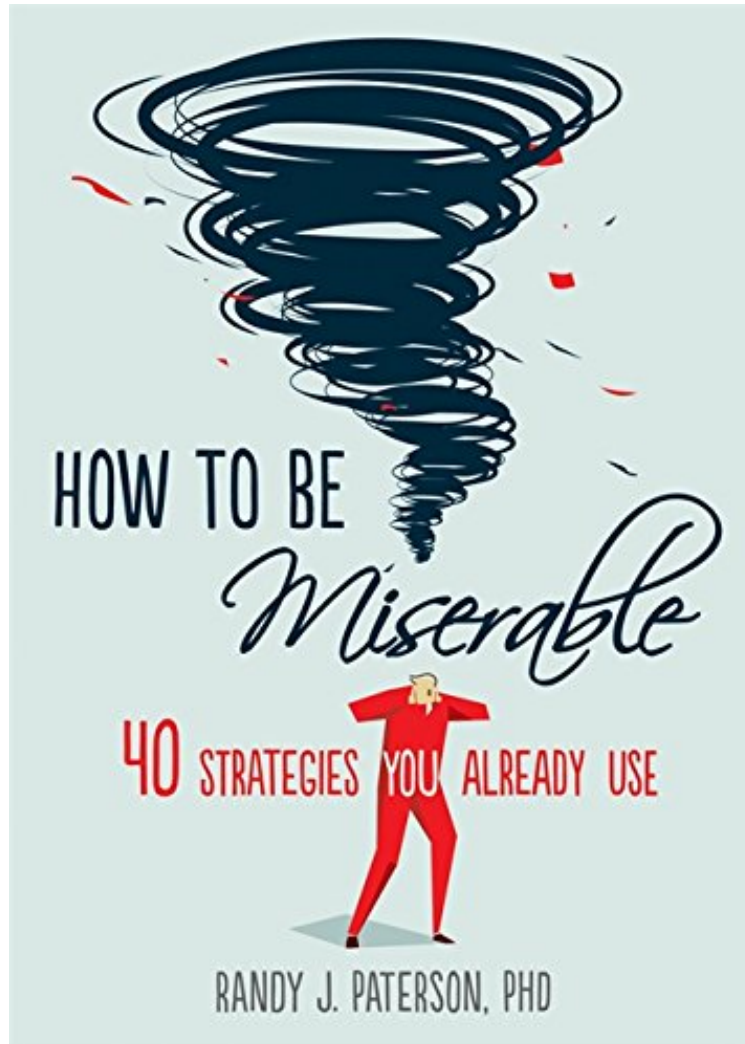


[FREE] How to Be Miserable: 40 Strategies You Already Use

How to Be Miserable: 40 Strategies You Already Use

Randy J. Paterson PhD

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Americans and how we have unwittingly caused it ourselves.

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.

“Randy J. Paterson has hit a home run with this highly accessible, engaging book. *How to Be Miserable* uses tongue-in-cheek humor, scientifically grounded practical advice, and a healthy dose of what is colloquially known as ‘reverse psychology’ to help put an end to common behavioral patterns that contribute to unhappiness. Anyone who wants to be less miserable should read this book and do the opposite of everything it recommends!” —Martin M. Antony, PhD, ABPP, professor of psychology at Ryerson University in Toronto, ON, Canada, and coauthor of *The Shyness and Social Anxiety Workbook* and *The Anti-Anxiety Workbook*