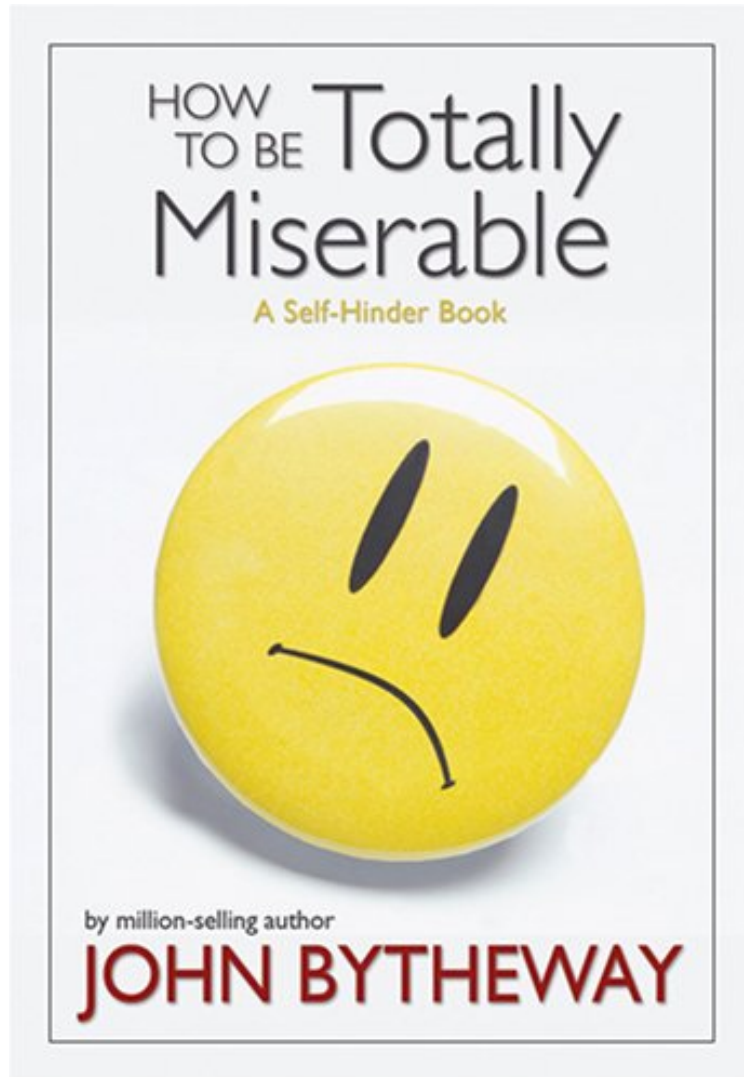


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## How to Be Totally Miserable: A Self-Hinder Book

*John Bytheway*

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**John Bytheway : How to Be Totally Miserable: A Self-Hinder Book** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Be Totally Miserable: A Self-Hinder Book:

2 of 2 people found the following review helpful. How To Be Totally MiserableBy Gloria GrantMr. Bytheway did a very unique job in making one think about the negativity that creeps into our lives on a daily basis. I really enjoyed when he was talking about people who find it necessary to judge others and he said that "backbiting really hurts." He was very clever in giving that statement a double meaning. He presented some other quotes that are witty and carry a message all at the same time. I enjoy him as an author and look forward to reading more of his books. I would definetly recommend this book to anyone who wants to give themselves a "dose of positive" each day!1 of 1 people

found the following review helpful. Great little book!By DanJSXLove his perspective!0 of 0 people found the following review helpful. Good pointsBy Joseph J. Malasky IVVery good points, but not a good reading book. Should have made it a calendar.

Some people are experts at feeling rotten. No matter what happens, they can always find a cloud attached to their silver lining. How do they do that? How do miserable people get that way? This book has the answers! With surefire suggestions like "Recycle regrets," "Take counsel from your fears," "Relive your bad memories," and "Blame everyone and everything," you'll learn how to be a breath of stale air at any occasion. (Caution: There is a risk--while musing on methods for misery, you may also discover the highway to happiness.)

About the AuthorJohn Bytheway served a mission to the Philippines and later graduated from Brigham Young University. A favorite speaker and teacher, John holds a master's degree in religious education and is a part-time instructor at BYU. John is the author of many bestselling books and audio products. He and his wife, Kimberly, have five children.