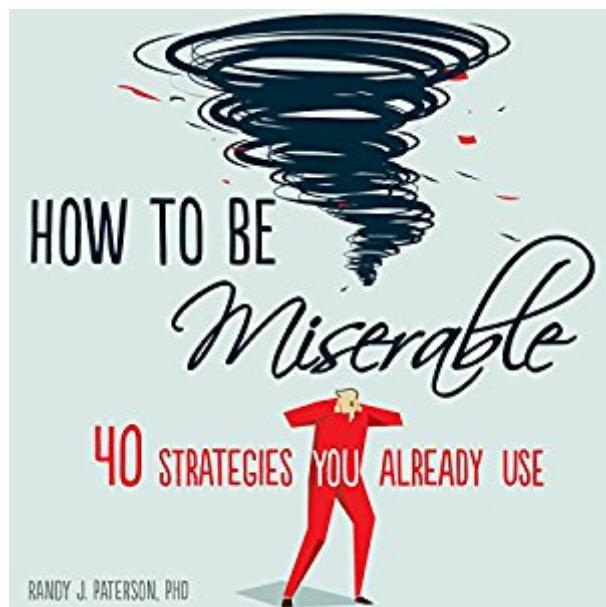


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# How To Be Miserable: 40 Strategies You Already Use



## 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

It is obvious that the author truly cares for people. His tone is humorous and gentle yet he really hits home with his analysis of what makes people miserable. I had to admit that I use some of his techniques of misery already. It was an enjoyable read. I took it to the beach and couldn't put it down.

Do not think of this as a self help book. It is an learning book that rivals the best therapy session one

could experience. Its aims are serious, and the author walks the reader through a contrarian approach to bring out the core activities, ways of thinking, and common responses to depression that can pave the way to a more abiding, intractable, and debilitating state of despair. Here reading is engaging in a therapeutic activity that brings insight, and challenges. Its method is to demonstrate how easy it is to use short term methods of eliminating pain that lead to greater, and more abiding, pain. The last chapter puts the book into crystalline focus and makes concrete and gentle suggestions on how to use what one learned from the book; methods to reverse a course we thought would help but now understand will not. The author's judicious use of humor and excellent writing created a book that might otherwise make the reader squirm with too much recognition; too much insight; too many truths. Despite being so effective, it is always accessible and ironically a pleasure to read, despite a feeling of interacting with someone who seems to know you all too well. This book is worth every minute you spend reading it.

I was surprised to find myself diving in and reading this book in one afternoon. The writing is succinct, clever and illuminating. I found some strategies I hadn't formally identified in myself, which I appreciated seeing in new light. I think this book would be useful to every reader who finds it.

**HOW TO BE MISERABLE** My Context: I am a mid 50s gay man who grew up in a fundamentalist Christian environment with a pastor father and attended church school most of my life. I might have issues. I have had years of therapy, read a bookcase full of self-help books and have maybe turned into a bit of a rebel. My Point: How to be Miserable will likely be one of the last self-help books I ever read. Randy's quirky sense of humour and reverse psychology writing style immediately grabbed my attention and kept me engaged to the last page. I quickly saw what he was trying to do, yet often caught my self saying "don't do that, that's stupid", but many of the 40 strategies were all too familiar. Then, in the end, the clarity. He spelled it out, no reverse psychology, just a truth that hit me like a bolt of lightening. Enough already. It's time. I'm done. For that single epiphany, I have to say "How to be Miserable" has likely changed my life more than any other self-help book. Don't miss it.

Nice to see a light, easy to read, funny and effective book about Depression! Extremely helpful tips in this book that all psychotherapists should share with their clients. This would also be a great book to give a friend who was "down in the dumps" and was trying to get their life back on track. Finally I appreciated the Conclusion chapter which has great advice and really ties the book together. Another great book from Dr. Randy Patterson. Enjoy!

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

Having struggled with depression and social anxiety since childhood, and now in my fifties, I can tell you that learning to treat myself with kindness instead of constant criticism has helped me a great deal. Randy Paterson's book *How to Be Miserable* is a wonderful and illuminating guided tour through the many ways we damage and defeat ourselves, and how knowing them gives us a lever to begin changing course. Wish I'd read it long ago, as it would have helped make my journey less difficult and my efforts more productive, as it is helping now. I've bought copies for both of my adult kids.

The tongue-in-cheek humour in this book effectively cuts through the defences and addresses the ways that we are our own worst enemy in regards to our mental health. I would recommend this book to both clients and friends.

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