



# CHAPTER ONE



Infection: avoid the unhappy and  
unlucky





# Chapter Summary

In Chapter 10, Robert Greene highlights the dangers of associating with the unhappy and unfortunate, as their emotional states can be as infectious as diseases. He illustrates this through the life of Lola Montez, whose turbulent existence negatively impacted those around her, leading to their downfall. Greene emphasizes that the misery of others can draw misfortune onto oneself. The chapter encourages readers to seek the company of the happy and fortunate, using positive emotional osmosis to foster personal growth. The ultimate message is to recognize the patterns of infectors and avoid their grip on one's life.





# Misery is Contagious



Emotional states spread like diseases. Associating with unhappy individuals invites their misfortune into your life. You may think you can help them, but often, it's your own disaster you're courting.



# The Tale of Lola Montez

Marie Gilbert, known as Lola Montez, rose and fell through her tumultuous relationships. While she brought excitement and chaos, her lovers only faced ruin, showcasing the corrupting influence of the unhappy.



# The Lesson from Ludwig

King Ludwig's association with Lola exemplifies how one can be overwhelmed by the infecting presence of an unstable individual. His reign suffered due to her influence, highlighting the consequences of emotional infection.



# Recognizing the Warning Signs

Infectors can be identified by their turbulent past and a pattern of broken relationships. Their emotional turbulence can draw you in before you even realize the danger.





# The Nature of the Infector

Infectors often present themselves as victims, making it difficult to see their issues as self-inflicted. Before realizing it, you can become steeped in their chaos.



# The Power of Positive Association

Just as misery spreads, so does happiness.  
Surround yourself with those who radiate positivity  
and good fortune to nurture your own success and  
wellbeing.



# Recognize the Infectors

The most insidious infectors are those who are chronically dissatisfied. Their resentment can taint your perspective and lead to collective downfalls.

"The incurably unhappy have a particularly strong infecting power."



# Choosing Your Circle Wisely

Misfortune is often self-imposed and can easily spread. By choosing your companions carefully, you can ensure that their positive qualities elevate you rather than drag you down.

"All positive qualities can infect us."



# Avoiding Emotional Collateral Damage



In the game of power, the people you associate with significantly impact your journey. Avoid those who bring chaos into your life to protect your stability and growth.



# The Rule of Quarantine




The only solution to emotional infection is 'quarantine.' Distancing yourself from those who bring discord is essential to maintaining your own peace and success.





# Recap

- "You can die from someone else's misery."
  - "Associate with the happy and fortunate instead."
  - "Do not take pity. Do not enmesh yourself in trying to help."
  - "Only create associations with positive affinities."
  - "The incurably unhappy have a particularly strong infecting power."
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Thank You

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