



Addicted to Unhappiness: Free Yourself from Moods and Behaviors that Underline Relationship, Work, and the Life You Want

By Manthappa M, Martha Heineman Pieper, William J. Pieper

Prakash Books, 2004. Softcover. Condition: New. Both optimistic and realistic, Addicted to Unhappiness focuses equally on effective strategies for positive change and on combating the forces that oppose self-improvement. The authors guide through getting started, coping with episodes of backsliding, keeping your resolve when it starts to evaporate, and thinking of yourself as a recovering addict to unhappiness. Printed Pages: 256.



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Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

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This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Easton Collier DVM**