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comparing yourself

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with what everyone

else tells you. And

try to please

everyone..

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almost perfect
parody of those

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Countless American

"positive thinking"

self-help books

(more are coming

every year). This

book "teaches" you

how to become

more neurotic,

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lonely - through the

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impatience. Spend

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about yourself.

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rewarding activities
that involve others,
consider avoiding
others, isolating
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spending more time
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your inner

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talk when around
that narcissist.
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start to feel sorry
for them, mentally
twist that feeling
into feeling sorry
for yourself instead.
Every time you
doubt yourself,
your sanity, and
your value you
need to mentally
turn it back on them

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and see them for
what they truly are.

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Things They Hate

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To appreciate how
skilled you are at
making yourself
feel miserable, take
this quiz. After

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Completing the quiz,
add up your score.

Anything more than
15 means you could
be a lot happier.

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life. Good gift for
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have been able, by
changing their
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remain miserable in
future is going to
depend upon your
ability to master
two vital concepts:

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accept what cannot
be changed,
Establish unrealistic
goals.

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problems as well as
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tyranny of
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much more,
providing all the
tools you need to
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and your happiness.
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make yourself
miserable, you're

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making yourself
happy-every day.

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don't just survive -
we thrive on human
contact. Every

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apart your
nonsense
generalizations,
black and white
thinking, and
awfulizings. Says
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emotional upsets,
and the irrational
Beliefs (iBs) that
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method to rip them
up.

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yourself miserable
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troubles name them
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sadness and other n
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