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Addicted To Unhappiness: Free Yourself From Moods And Behaviors That Undermine Relationships, Work by Heineman Pieper, Martha/ Pieper, William J. Drawing upon their years of counseling experience, the bestselling author team of Martha and William Pieper explain how parenting styles based on discipline and excessive expectations condition children to equate unhappiness with love.

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Addicted to Unhappiness : Free Yourself from the Moods and ...

The authors are claiming that we can be addicted to unhappiness in the sense that we need it in our lives. The idea is really not that crazy because in built into us is the pursuit of happiness. As a child unfortunately through inappropriate discipline for appropriately aged behaviour and values we associate our feelings of unhappiness with what makes our parents and authority figures happy.

Addicted to Unhappiness: How Hidden Motives for ...

People who are addicted to unhappiness tend to: Find reasons to be miserable when life gets "too good." Prefer to play the victim role and blame others rather than take personal responsibility ...

Are You Addicted to Unhappiness? | Psychology Today

You can protect yourself and help prevent spreading the virus to others if you: Do - Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub - Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze - Avoid close contact (1 meter or 3 feet) with people who are unwell -Stay home and self-isolate from others in the household if ...

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In Addicted To Unhappiness, You'll Discover: The origins of your addiction and ways it interferes with your life, A step-by-step plan to kick your habit, How to turn setbacks into victories, The ability to move beyond relationship conflicts and embrace closeness, Effective ways to get control over painful moods, A

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successful approach to achieving a healthy weight and a fit body, And much more!

Addicted to Unhappiness : How Hidden Motives for ...

Get this from a library! Addicted to unhappiness : free yourself from moods and behaviors that undermine relationships, work, and the life you want. [Martha Heineman Pieper; William J Pieper]

Addicted to unhappiness : free yourself from moods and ...

Addicted to Unhappiness presents a very interesting theory on why a lot of people do say and do stupid things which make getting along with others more difficult. How accurate this theory really is is difficult to say but it does present explanations which have a ring of validity and leave one thinking that just maybe it could explain some behaviors one becomes a witness to.

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