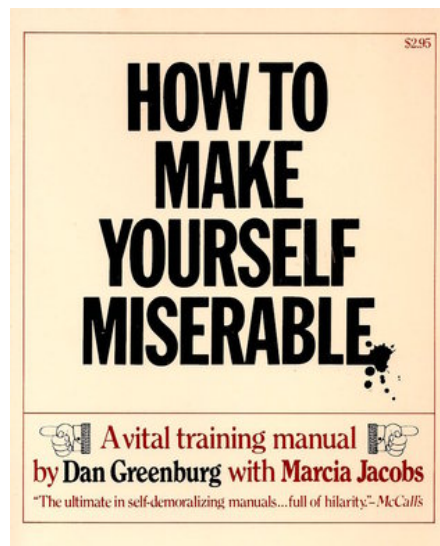




How to Make Yourself Miserable

Dan Greenburg , Marcia Jacobs

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A wonderful satire described as "a vital training manual"...full of hilarity!

How to Make Yourself Miserable Details

Date : Published February 14th 1976 by Random House (first published 1966)

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Author : Dan Greenburg , Marcia Jacobs

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Genre : Psychology, Humor, Self Help, Nonfiction, Personal Development, Philosophy

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From Reader Review How to Make Yourself Miserable for online ebook

Juliette says

Quite the humorous little book!

Don LaFontaine says

A pretty funny book! It pointed out so many things we do to make ourselves miserable without even thinking about it. It's an insightful and humorous book that makes puts some things of one's life into perspective.

Willyam says

On of my friend gave me this book in a used book library and it is the best gift i have received in a long time. If it is your kind of humor you will love this book. The auteur gives advice to make your own life miserable and while reading you will keep telling yourself "this is ridiculous, who would do such things, ever?" and then you get to a point in the book and go "Oh, I do this". That is the moment the book gets hilarious when it makes you realize some of the things you do that are completely stupid and serve no other purpose than make your life harder.

Joel says

fun book that describes what people do to make themselves miserable

metralindol says

Mondom, mint egy átlagos mazochista olvasó. Sajnos, nem volt hasznos ez a könyv, mivel épp a fordított effektust hozta.
Ez rövid volt. Jó kis biznisz-antipszichológia, amely (ironikus, mi?) nem is annyira vicces, ha körülnézünk.

James says

I just finished this after a friend read it an thought of me. It is a really funny book, but I think the well-adjusted might assume it is hyperbole. With the exception of a couple sections, this book more or less encapsulates my current world view/emotional state with only the slightest amount of over-exaggeration.

The entire process of reading this book was me reading a passage, feeling like it was a very accurate

description of my reactions, thoughts and decisions in a situation and then realize with faint horror/mild embarrassment that the whole book is, in fact, written as gentle mockery meant to prod people out of stubbornly making themselves miserable. In that effort, it largely succeeds, although naturally the utility of the book will largely depend on how much you identify with the caricatures within. I would really like to say I closed the book with a hearty laugh, and went roaring out the door with a lightness in my heart and merriment in my mind. I did not do that. But it really gave me a lot to think about. I think I had never before realized how completely I let anxiety and a stubborn refusal to be happy take over my entire life.

I recommend this book if:

- a) You make yourself miserable and are ready to take a little friendly prodding about it.
 - b) you want to understand how your anxious friends work. People really do exist this way and it's a hard thing to break out of.
 - c) You need a laugh. It's genuinely amusing, especially if you like mocking anxious people.
-

micaela marsden says

funny sillies

Kimberly says

This has some funny moments but is pretty pathetic. Sarcasm is a double-edged sword.

Cheryl says

If you've ever felt "poor pity me" - this book will snap you out of it with a jolt of laughter!

Hotenough says

Hilarious! Sad, but very true ways we all make ourselves miserable.

Offered for swap. Pages yellowed. Minor smudges on cover. Initials on cover front. Fully intact. No other marks.

Steven says

You are likely to enjoy this book if you regularly make yourself miserable and appreciate self-deprecating humor. Overall, the book is insightful insofar as it identifies some thought patterns associated with anxiety

and poor self-esteem.

Aaron Badgley says

I read the 1996 21st Anniversary edition. So funny, and very very useful.

Christian says

Viele gute Vorschläge um sich endlich mal wieder schlecht zu fühlen.

Carol Storm says

Six reasons to be miserable about your analyst:

- 1.) He doesn't care.
 - 2.) He cares too much.
 - 3.) He thinks you are evil.
 - 4.) He thinks you are absurd.
 - 5.) He's trying to corrupt your mind.
 - 6.) He's sharing your secrets with others.
-

Igor Gligorijevic says

Odlomci:

* Možda možete osetiti privremenu bedu pokušavajući da pročitate ovu knjigu u knjižari, pod sumnjičavim okom prodavca. Ali za pravo, trajno bedno stanje – zašto ne biste kupili knjigu, odneli je kući i posvetili ovoj vitalnoj oblasti svog života zasluženu pažnju?

* Šemu vas uči ova knjiga

- Zašto da cmizdrite ako niste bogati, poznati, lepi, talentovani
- Zašto da cmizdrite ako jeste bogati, poznati, lepi, talentovani
- Kako da se kajete zbog svega što ste ikada učinili ili što je trebalo da učinite
- Kako da se nervirate zbog tuđih šumova u noći
- Kako da se nervirate zbog skupih restorana
- Kako da se nervirate u vezi s letovanjem u inostranstvu

- Kako da se uništavate dok čekate važan telefonski poziv
- Kako da upropastite večera kada ste konačno izašli sa nekim
- Kako da postignete da vas ljudi odbace na zabavama i drugim mestima
- Kako da izgubite posao, prijatelje, životnog partnera
- Kako da se osećate još teskobnije nego do sada

i još mnogo, mnogo toga...

* Uvod

Poštovani prosečni mazohisto! Previše ste se zapetljali u neefikasne i zaobilazne puteve u ostvarivanju tako važnog cilja kao što je kažnjavanje samog sebe za svoje različite grehove. Suviše vremena trošite da biste gajili svoju nedovoljno kvalitetnu nervozu i nesavršene metode samokažnjavanja, jednostavno zato što je ovo izuzetno značajno polje oduvek bilo naučno zapostavljeno.

Konačno, ispred vas je knjiga koju ste dugo čekali. Ona će Vas voditi korak po korak u istraživanje svake faze samomučnja i samoponižavanja, otkrivajući Vam metode koje su autori isprobali na svojoj koži. Od srca Vam želimo da na ovim stranicama nađete inspiraciju i otkrijete načine za vođenje jednog zaista bolnog, ništavnog i bednog života.

* Zašto da budete bedni?

Vi ste, to zasigurno možemo tvrditi, krivi. Ne znamo baš tačno za šta ste krivi, ali to zapravo nije ni važno. Najverovatnije se radi o nečem mutnom.

Možda pomišljate na slučaj kada ste vašem tati ponudili kolonjsku vodu umesto njegovog omiljenog aperitiva, ili kada ste pobjegli sa devojkom vašeg najboljeg prijatelja. Ili se radi o nečem još egzotičnijem, kao što su tajna, romantična osećanja prema: (1) poslovođa vaše samoposluge; (2) vašoj sestri; (3) vašem dobermanu; (4) vašem kišobranu. Štoga da ste odabrali, vaša stvar. Za nas je jedino važno da ste se dobro upetljali, da se zbog toga osećate krivim, i da, sasvim logično, želite da budete kažnjeni za svoju krivicu. Ko će vas kazniti? Vaš otac? Vaš najbolji prijatelj? Onaj poslovođa? Teško. Ovi ljudi nemaju pojma koliki su vaši gresi. Osim toga, suviše su zauzeti kažnjavanjem sebe da bi se bavili vama. Očigledno je da ćete taj posao morati da obavite sami.

Dobro, ali kako? Kako da učinite sebe toliko bednim koliko zaista zaslužujete?

Verovatno ste već razvili nekoliko vlastitih metoda za postizanje bednog stanja, kao što je kinjenje bolesnim strahom u vezi sa boluckanjem u stomaku, ili gnjavaža oko toga šta je trebalo reći neotesanom prodavcu iz robne kuće. Ali mi vam možemo pomoći da sve to radite bolje. U ovoj knjizi ćemo vam prikazati dva puta do bede koji su veoma laki za praćenje, a krajnje su efikasni.

Prva metoda. "Kreiranje anksioznosti", može se sprovesti nasamo. Druga, "Kako da vas ljudi odbace", zahteva korišćenje drugih kao nesvesnih sudesnika. Ove tehnike, kombinovane u jedan intenzivan, ali senzitivan program praćenja mučenja sebe (self-torture), predstavljaju sve što treba da dostignete da biste ovladali naprednijom metodom "Totalne lične bede".

* Konačno sami!

Čestitamo! Isterali ste sve koje ste znali iz vašeg života. Neometani poslom, partnerom ili prijateljima, sad ste slobodni da cmizdrite dvadeset četiri časa dnevno zbog proteklog života, jer su vas svi na kraju izneverili kao što ste od uvek i očekivali.

Uz pomoć tehnika razrađenih u ovoj knjizi – "Kreacija anksioznosti" i "Kako navesti ljude da vas odbace" – sada ćete postići cilj: "Totalnu ličnu bedu". I bićete dovoljno kažnjeni za sve za šta ste krivi. Da li baš za sve?

