



# How To Make Yourself Miserable (Overcoming common problems)

*Windy Dryden*

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## **How To Make Yourself Miserable (Overcoming common problems) Windy Dryden**

Making yourself miserable is remarkably easy. You can torture yourself by imagining your partner is unfaithful to you, or you might prefer to make a list of serious diseases you could be suffering from. It also pays to be miserable: what better excuse for behaving badly towards friends and family and even taking time off work! This amusing look at popular self-destructive strategies shows just how much control we can take over our lives - if we want to.

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