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Addicted to Unhappiness: Free Yourself from Moods and Behaviors that Undermine Relationships, Work, and the Life You Want by Martha Heineman Pieper, Ph.D., and William J. Pieper, M.D. (McGraw-Hill, 2002, 2004). Everyone is born with the potential to live fulfilled lives, but many find it difficult to realize that potential.

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Are we Addicted to Happiness? - The Good Men Project

Confusing unhappiness with happiness --Developing a need for relationship conflict --Self-sabotage : the consequence of needing an unhappiness fix --Set yourself free --Feel your best : overcoming resistance to achieving physical well-being --Building relationships based on closeness not conflict --Choosing happiness at work.

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Here are some tips from a neuroscientist to wean yourself off an unhappiness addiction: 1. Activate the reward center of the brain with gratitude

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instead of negativity. Shame, guilt, and worry trigger the same brain chemicals gratitude does.

How to overcome your addiction to unhappiness - Functional ...

The thing is that we are not addicted to unhappiness, we are conditioned and programmed for it as a thousands of years old survival mechanism.

The Worst Addiction: Unhappiness | Choice OS

David Sack M.D., one of the most sought-after experts in addiction psychiatry and addiction medicine, says in a Psychology Today article that people who appear addicted to unhappiness tend to find reasons to be miserable when life gets "too good", prefer to take the victim role, and compete with others to see who has it the hardest.

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