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Addicted to Unhappiness: Free yourself from the moods and behaviors that undermine relationships, work, and the life you want
Authors Martha Heineman Pieper , William J. Pieper

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Addicted to Unhappiness : Free yourself from moods and ...
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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Ten Signs You Might Be Addicted To Unhappiness And How To ...
There are a number of possible explanations for this " addiction " to unhappiness: Deep-rooted insecurity or lack of self-esteem may cause some people to feel undeserving of happiness.

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Clinical psychology researchers Martha H. Pieper, Ph.D. and William J. Pieper, M.D., coauthors of the book " Addicted to

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Unhappiness “, have found that people who have an acquired but unrecognized need to cause themselves unhappiness often come from stressful, abusive or highly dysfunctional childhoods.

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