



# How to Be Totally Miserable: A Self-Hinder Book

*John Bytheway*

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## **How to Be Totally Miserable: A Self-Hinder Book** John Bytheway

Some people are experts at feeling rotten. No matter what happens, they can always find a cloud attached to their silver lining. How do they do that? How do miserable people get that way? This book has the answers! With surefire suggestions like "Recycle regrets," "Take counsel from your fears," "Relive your bad memories," and "Blame everyone and everything," you'll learn how to be a breath of stale air at any occasion. (Caution: There is a risk--while musing on methods for misery, you may also discover the highway to happiness.)

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