



Addicted to Unhappiness: Free yourself from the moods and behaviors that undermine relationships, work, and the life you want

Martha Heineman Pieper, William J. Pieper

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Drawing upon their years of counseling experience, the bestselling author team of Martha Heineman Pieper, Ph.D. and William J. Pieper, M.D. explain how parenting styles based on discipline and excessive expectations condition children to equate unhappiness with love. This often persists into adulthood, leading to behaviors including eating disorders, compulsive gambling, disastrous romantic choices, substance abuse, and more. This book supplies readers with powerful tools, including self-assessments, checklists, diaries, and exercises, to overcome their need for unhappiness.

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