



When Misery is Company: End Self-Sabotage and Become Content

Anne Katherine

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Surprising as it may sound, many people take comfort in their own misery. Feeling too good for too long (or even feeling good at all) can be scary for people, explains Anne Katherine.

"Achievement creates anxiety. Intimacy leads to fear. Happiness produces uneasiness. Pleasure causes pain. The solution to this dilemma: what feels good has to be stopped. I call this an addiction to misery." Katherine's fascination and perspective book provides immediate assistance to those people who think they might be making choices that keep them at a "carefully calibrated level of existence--beneath bliss and above despair."

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