



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

*Martha Pieper, William Pieper*

Download now

[Click here](#) if your download doesn't start automatically

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

*Martha Pieper, William Pieper*

## **Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want** Martha Pieper, William Pieper

The Pieper/Pieper PhD/MD team published one of the best-received parenting books of 1999: *Smart Love: The Compassionate Alternative to Discipline that Will Make You a Better Parent and Your Child a Better Person*. *Smart Love*, published by Harvard Common Press, has sold 40,000 copies in hardcover at 22.95 since April 1999 and will be released as a trade paperback in May 2001. The authors received extensive national media coverage and endorsements from everyone from Ann Landers to the founder of Children's Television Workshop. Now, the Piepers have turned their attention to adults. *Addicted to Unhappiness* is based on their own clinical research into the nature of children's love for their parents and the way in which it fosters an unrecognized "addiction" to unhappiness that follows them into adulthood. In their work with hundreds of children and adults, the Piepers discovered that when discipline and excessive expectations are imposed on young children, they learn to equate feelings of unhappiness with loving relationships. This misidentification persists into adulthood and explains why so many adults create unhappiness in the process of seeking happiness and love. This unrecognized self-sabotage is the explanation for diverse yet common problems such as overspending, fear of new situations, romantic choices that break hearts, and career mishaps. *Addicted to Unhappiness* offers a plan for life that helps readers understand their secret need to be unhappy, overcome it, and reclaim the happiness that is their true birthright. In the process, they will learn to conquer health problems including destructive moods, overeating and lack of exercise; build strong, lasting relationships; and achieve career satisfaction and success. Like the best selling *Toxic Parents (Forward)* and *Necessary Losses (Viorst)*, *Addicted to Unhappiness* shows readers that the effects of their childhood experiences live on to affect them as adults. Unlike *Toxic Parents*, however, the Piepers do not blame parents or encourage readers to engage in aggressive confrontations with them, taking instead an enlightened, understanding approach. Unlike *Necessary Losses*, *Addicted to Unhappiness* does not suggest that frequent bouts of inner happiness are normal and inevitable. Instead, it offers readers a well-founded optimism, based on research, that the birthright of every person is an inner happiness that can remain stable in the face of the ups and downs of everyday life. *Addicted to Unhappiness* includes illustrative case examples drawn from the authors' own practice, general guidelines, self-assessment exercises and concrete, practical steps for achieving change - all in the context of a life plan for inner happiness. For more than 25 years, the Piepers have each been in private practice treating children, adolescents and adults; supervising other mental health professionals, and doing clinical research. Martha Heineman Pieper received her PhD from the University of Chicago and her BA from Radcliff College. Dr. Pieper served on the editorial boards of *Social Work* and *Smith College Studies in Social Work* and has published extensively in professional journals. William J. Pieper received his BS and MD degrees from the University of Illinois. He has served as a research fellow at the National Cancer Institute in Bethesda, MD, on the faculty of the Chicago Institute for Psychoanalysis, and has taught at the University of Chicago School of Social Service Administration. The Piepers are the parents of five children. Hometown: Chicago, IL

 [Download Addicted to Unhappiness : Free yourself from moods ...pdf](#)

 [Read Online Addicted to Unhappiness : Free yourself from moo ...pdf](#)



## **Download and Read Free Online Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want Martha Pieper, William Pieper**

---

### **From reader reviews:**

#### **Phyllis Kelly:**

In this 21st century, people become competitive in each way. By being competitive right now, people have do something to make them survives, being in the middle of often the crowded place and notice by surrounding. One thing that often many people have underestimated it for a while is reading. Yep, by reading a book your ability to survive increase then having chance to stand than other is high. To suit your needs who want to start reading any book, we give you this kind of Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want book as beginner and daily reading e-book. Why, because this book is usually more than just a book.

#### **John McDole:**

As people who live in typically the modest era should be change about what going on or details even knowledge to make these individuals keep up with the era and that is always change and move forward. Some of you maybe may update themselves by studying books. It is a good choice for yourself but the problems coming to you is you don't know what one you should start with. This Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want is our recommendation to make you keep up with the world. Why, because this book serves what you want and wish in this era.

#### **Sarah Ford:**

Reading a e-book tends to be new life style in this era globalization. With studying you can get a lot of information that could give you benefit in your life. Along with book everyone in this world can easily share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their particular reader with their story or maybe their experience. Not only the storyline that share in the textbooks. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors these days always try to improve their ability in writing, they also doing some exploration before they write to the book. One of them is this Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want.

#### **Jacob Lehr:**

The book Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want has a lot of knowledge on it. So when you check out this book you can get a lot of profit. The book was authored by the very famous author. The writer makes some research ahead of write this book. This specific book very easy to read you can obtain the point easily after scanning this book.

**Download and Read Online Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want Martha Pieper, William Pieper #JDLMXZIRSNK**

## **Read Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want by Martha Pieper, William Pieper for online ebook**

Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want by Martha Pieper, William Pieper Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want by Martha Pieper, William Pieper books to read online.

## **Online Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want by Martha Pieper, William Pieper ebook PDF download**

**Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want by Martha Pieper, William Pieper Doc**

**Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want by Martha Pieper, William Pieper Mobipocket**

**Addicted to Unhappiness : Free yourself from moods and behaviors that undermine relationships, work, and the life you want by Martha Pieper, William Pieper EPub**