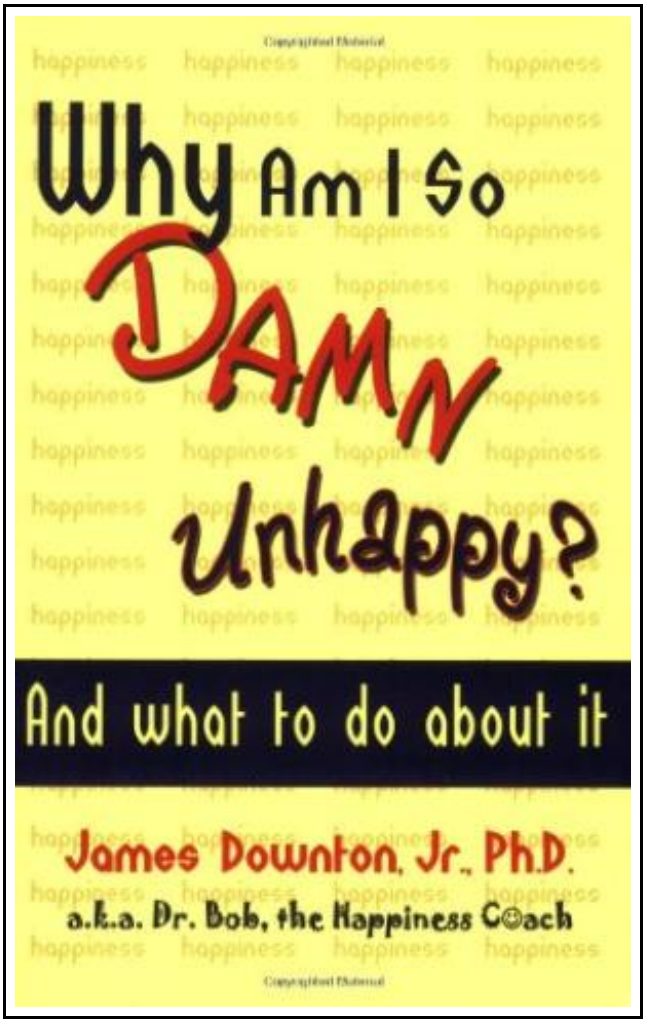
# Why am I So Damn Unhappy?: And What to Do About it

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### *Reviews*

*This sort of book is almost everything and helped me looking in advance and much more. Yes, it can be enjoy, nevertheless an amazing and interesting literature. Its been written in an extremely simple way which is simply right after i finished reading this publication through which in fact altered me, alter the way i really believe.*

***(Lizeth Witting)***

# WHY AM I SO DAMN UNHAPPY?: AND WHAT TO DO ABOUT IT

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Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Why am I So Damn Unhappy?: And What to Do About it, James V. Downton, This book is written by a fictional character named 'Dr Bob'. He's a former stand-up comedian who became a happiness coach. Using humour and honesty, Bob wakes people up to what's making them unhappy and shows them what to do about it. For example, he helps them understand how to counterattack when the 'punies' have them on the run, how to quit taking guilt trips, and how to untie the knots of fear in their minds. This book is set off from other self-help books about happiness by the nature of the issues it covers, its story approach, dialog format, and humour. It also has a lively sense of imagination as famous people show up to teach. These guest coaches add an element of surprise to keep the book interesting. Creative Sidetracks in the book give readers helpful insights to increase their happiness. Coaching tips appear at the end of each chapter to reinforce the key teachings.


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