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Are You Addicted to Unhappiness? | Psychology Today

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Are you addicted to unhappiness? | Health \u2022 Gulf News

So I am addicted to unhappiness This book is for those who are thesis driven readers, who enjoy learning why we do the things we do i.e. respond aggressively, take criticism, self sabotage all acts of a person who probably unknowingly addicted to unhappiness constantly recreating negative events and experiences.

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brain chemicals gratitude does.

How to overcome your addiction to unhappiness - Functional ...

The thing is that we are not addicted to unhappiness, we are conditioned and programmed for it as a thousands of years old survival mechanism.

The Worst Addiction: Unhappiness | Choice OS

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