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Addicted to Unhappiness: Free Yourself from Moods and Behaviors that Undermine Relationships, Work, and the Life You Want by Martha Heineman Pieper, Ph.D., and William J. Pieper, M.D. (McGraw-Hill, 2002, 2004). Everyone is born with the potential to live fulfilled lives, but many find it difficult to realize that potential.

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survival mechanism.

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### **The Worst Addiction: Unhappiness | Choice OS**

David Sack M.D., one of the most sought-after experts in addiction psychiatry and addiction medicine, says in a Psychology Today article that people who appear addicted to unhappiness tend to find reasons to be miserable when life gets “too good”, prefer to take the victim role, and compete with others to see who has it the hardest.

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