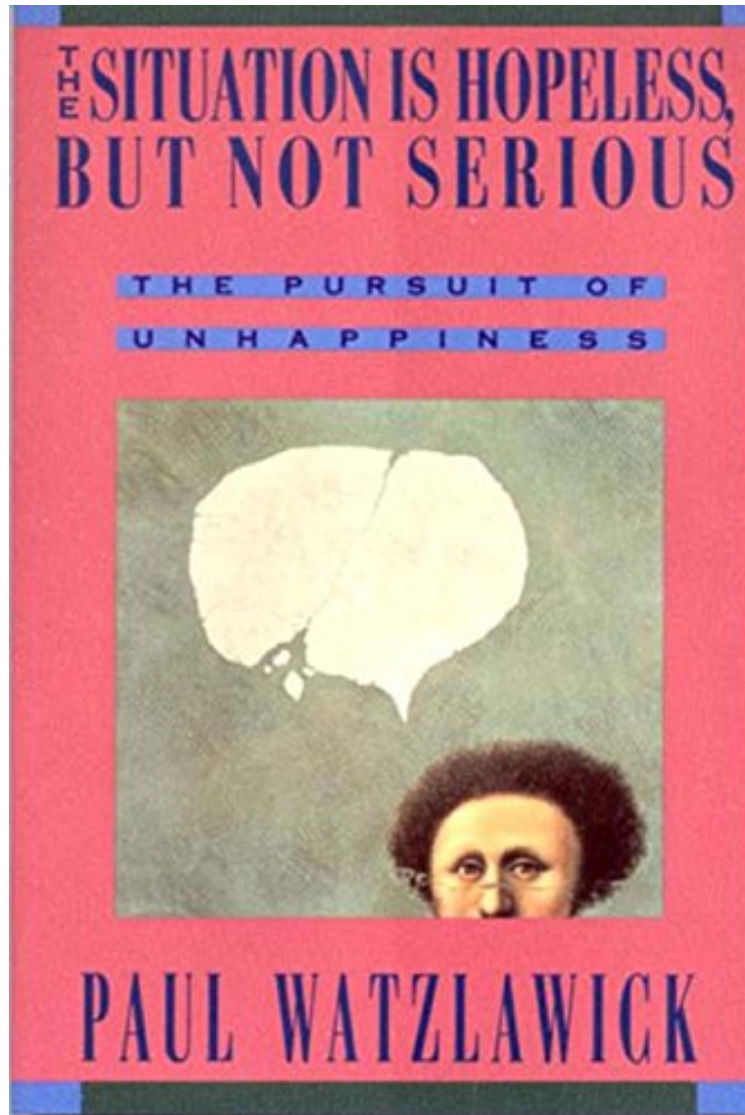


[Ebook pdf] The Situation Is Hopeless But Not Serious (The Pursuit of Unhappiness)

The Situation Is Hopeless But Not Serious (The Pursuit of Unhappiness)

Paul Watzlawick

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#431359 in Books Unknown 1993-07-17 Original language: English PDF # 1 8.30 x .40 x 5.50l, .37 #File Name: 0393310213128 pages The Situation Is Hopeless, but Not Serious (The Pursuit of Unhappiness) | File size: 15.Mb

Paul Watzlawick : The Situation Is Hopeless But Not Serious (The Pursuit of Unhappiness) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Situation Is Hopeless But Not Serious (The Pursuit of Unhappiness):

1 of 1 people found the following review helpful. historically funny! By Claudia Brooke I have read this book twice (so

far) and it's cracking me up every time I think about it. If you want to know how to make your life seriously miserable from top to bottom, this book will enlighten you in ten simple steps. If you have a dark sense of humor you'll enjoy this book from cover to cover. 5 of 6 people found the following review helpful. A really amusing and tale-telling reading. By Bartolomucci Fabrizio The author extracts from his extensive practice and writing in the field of communication theory an amusing list of "technics" people use to make their own lives miserable. They span from the avoidance of things that could solve one's own problems to the dual tendency to insist focusing on what cannot be reached; to projecting one's prejudices on others like when one wants to ask something fearing it will not be given and thus putting in act behaviours that forster just that reaction. All in all the feeling that one gets from the book is that we do not need terrorism, wars, discriminations, torture, presidents of the United States or Osamas... all that is needed to make ourselves unhappy is already inside ourselves - thus, and here comes the positive message, it is there that it may, and must, be cured. 0 of 0 people found the following review helpful. The Situation Is Hopeless But Not Serious (The Pursuit of Unhappiness) great read. By C. J. Clavadetscher The Situation Is Hopeless But Not Serious (The Pursuit of Unhappiness) is a most useful work for studying the art of staying positive in today's world. writes for "everyman" and this totally enjoyable conceptually rich book is powerful and fun. Novel combination.

Calling upon metaphors, vignettes, jokes, innuendos, and certain other "right-hemispheric" language games, Paul Watzlawick shows how we can (and do) make everyday life miserable. Do you see the past through a rosy filter that makes it seem like Paradise Lost? Are you convinced that traffic lights always turn red for you? Do you have to win (so as not to lose)? After extricating yourself from a bad relationship, do you find another partner just like the previous one? If so, congratulations! You have the makings of an unhappiness expert. With the techniques in this book, you can raise yourself to the genius level. A word of warning, however. Along the way you may begin to ask yourself, "How did I manage to turn myself into my own worst enemy?" Fortunately, this tongue-in-cheek (but serious) volume takes a look at that question too. Special attention is given to such topics as "Four Games with the Past," "Self-fulfilling Prophecies," and "Why Would Anybody Love Me?" Those who believe that the search for happiness will eventually lead to happiness will find much to ponder in the section "Beware of Arriving." All readers will be both amused and startled to find themselves in these pages, but there is a special delight and enlightenment for therapists and counselors. Although the author does not officially admit it, the book is one complex "symptom prescription," a therapeutic double bind as described and practiced by him and his colleagues.