

How To Be Totally Miserable

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What I Wish I'd Known in High School

What I Wish I'd Known Before My Mission

Offers advice and encouragement, based on testimony from the Gospel, on facing some of the common difficulties experienced by young people as they move from seventh grade on up through high school.

The Conquest of Happiness

The Angry Therapist who has helped thousands of men find more happiness in their relationships and more purpose in their lives now shares his insights with everyone in this powerful guide—self-help in a shotglass—covering essential topics, from vulnerability and posturing to workouts and women. Deep in post-divorce soul searching, John Kim came to an astonishing realization: he was a miserable f*ck who might just be to blame for the problems in his life. Armed with this new insight, he began The Angry Therapist blog—an admission that, while he was a licensed therapist and life coach, he was no better than the people who sought his advice. In his first post, “My Fucking Feelings,” he wrote about the struggles and shortcomings that had led him to this point. As his work caught on, catapulting him into the role of unlikely and unconventional guide for thousands of people all over the world, Kim evolved from behaving like a boy to living like a man—and showed his clients how to do so as well. In I Used to Be a Miserable F*ck, Kim delivers the dos and don'ts for stepping up and into manhood, which he defines by transparency and strength of character, not six-pack abs or a corner office. With his signature no-nonsense approach that will make you laugh and think, Kim takes you on a rugged, rough and tumble road trip of self-exploration and discovery, sharing his wisdom and insights, such as why: Being nice is for boys, and being kind is for men

Scheduling man dates could make you a better friend, lover, and human being Peeing in the shower is a sign of a larger problem Arguing, judging, and answering, "I dunno" are keeping you from a healthy relationship, a great career, and a happy life We are not born men. We are born boys. The transition from misery to meaning is an internal process that requires work: reflection, pain, courage, and sometimes, a rebirth. Kim knows because he's been there. The truth is, men weren't meant to just pay bills and die. With this book as your guide, you will love hard, walk tall, and find a life filled with purpose and passion.

Alexander and the Terrible, Horrible, No Good, Very Bad Day

In *How To Be Perfectly Unhappy*, Inman explores the surprising benefits of forgetting about "happiness," and embracing instead the meaningful activities that keep us busy and interested and fascinated.

How to Be Perfectly Unhappy

Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a life-styledesigner, not a therapist. His radical new approach, that he sometimes calls "self-help in a shot glass" is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let's face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as *The Angry Therapist*, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of "me too" as opposed to "you should." He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language —open, raw, and at times subversive — and people responded. The *Angry Therapist* blog, that inspired this book, has been featured in *The Atlantic Monthly* and on NPR.

Happy Ever After

Some people are experts at feeling rotten. No matter what happens, they can always find a cloud attached to their silver lining. How do they do that? How do miserable people get that way? This book has the answers! With surefire suggestions like *Recycle regrets*, *Take counsel from your fears*, *Relive your bad memories*, and *Blame everyone and everything*, you'll learn how to be a breath of stale air at any occasion. (Caution: There is a risk--while musing on methods for misery, you may also discover the highway to happiness.)

Perfectly Miserable

From The Onion alum writers Mike MacDonald and Jilly Gagnon comes a hilarious choose-your-own-path story to that will save you hours of suffering on Tinder. The only thing worse than getting back on the dating horse? The brutal loneliness of perpetual singledom. That's why you're putting in the effort to find your soulmate or at least someone to warm your bed for a night. Playing as one of two characters, you get to choose just how bad your dating life gets. Will you head to a high school party or hitch your wagon to a Steve Urkel impersonator? Dabble in the painfully shallow depths of sexualizing your arm wound, or up the intensity of your first date by entering an underground fight club? Try to relive the romance of Harold and Maude, but with more roofies and an ominous burial plot in Maude's backyard? From the writers who brought you the hilarious parodies Choose Your Own Misery: The Office and Choose Your Own Misery: The Holidays comes the oldest form of misery in the book: the self-prostitution that is dating. "Oh, how I laughed at this droll little book. Then, slowly but irreversibly, it filled me up with dread." —Jesse Andrews, New York Times bestselling author of Me and Earl and the Dying Girl

Changepower!

From John Green, the #1 bestselling author of Turtles All the Way Down "The greatest romance story of this decade." —Entertainment Weekly -Millions of copies sold- #1 New York Times Bestseller #1 Wall Street Journal Bestseller #1 USA Today Bestseller #1 International Bestseller TIME Magazine's #1 Fiction Book of 2012 TODAY Book Club pick Now a Major Motion Picture Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten. Insightful, bold, irreverent, and raw, The Fault in Our Stars brilliantly explores the funny, thrilling, and tragic business of being alive and in love.

How Not to Be a Miserable Cow

Bertrand Arthur William Russell, (18 May 1872–2 February 1970) was a British philosopher, logician, mathematician, historian, writer, social critic and political activist. At various points in his life he considered himself a liberal, a socialist, and a pacifist. In the early 20th century, Russell led the British "revolt against idealism". He is considered one of the founders of analytic philosophy along with his predecessor Gottlob Frege, colleague G. E. Moore, and his protégé Ludwig Wittgenstein. He is widely held to be one of the 20th century's premier logicians. With A. N. Whitehead he wrote Principia Mathematica, an attempt to create a logical basis for mathematics. His philosophical essay "On Denoting" has been considered a "paradigm of philosophy". His work has had a considerable influence on logic, mathematics, set theory, linguistics, artificial

intelligence, cognitive science, and philosophy, especially the philosophy of language, epistemology, and metaphysics.

You're Gonna Make it Through Junior High

From the Laws of Mount Misery: There are no laws in psychiatry. Now, from the author of the riotous, moving, bestselling classic, *The House of God*, comes a lacerating and brilliant novel of doctors and patients in a psychiatric hospital. Mount Misery is a prestigious facility set in the rolling green hills of New England, its country club atmosphere maintained by generous corporate contributions. Dr. Roy Basch (hero of *The House of God*) is lucky enough to train there *only to discover doctors caught up in the circus of competing psychiatric theories, and patients who are often there for one main reason: they've got good insurance. From the Laws of Mount Misery: Your colleagues will hurt you more than your patients. On rounds at Mount Misery, it's not always easy for Basch to tell the patients from the doctors: Errol Cabot, the drug cowboy whose practice provides him with guinea pigs for his imaginative prescription cocktails . . . Blair Heiler, the world expert on borderlines (a diagnosis that applies to just about everybody) . . . A. K. Lowell, née Aliyah K. Lowenschteiner, whose Freudian analytic technique is so razor sharp it prohibits her from actually speaking to patients . . . And Schlomo Dove, the loony, outlandish shrink accused of having sex with a beautiful, well-to-do female patient. From the Laws of Mount Misery: Psychiatrists specialize in their defects. For Basch the practice of psychiatry soon becomes a nightmare in which psychiatrists compete with one another to find the best ways to reduce human beings to blubbering drug-addled pods, or incite them to an extreme where excessive rage is the only rational response, or tie them up in Freudian knots. And all the while, the doctors seem less interested in their patients' mental health than in a host of other things *managed care insurance money, drug company research grants and kickbacks, and their own professional advancement. From the Laws of Mount Misery: In psychiatry, first comes treatment, then comes diagnosis. What *The House of God* did for doctoring the body, *Mount Misery* does for doctoring the mind. A practicing psychiatrist, Samuel Shem brings vivid authenticity and extraordinary storytelling gifts to this long-awaited sequel, to create a novel that is laugh-out-loud hilarious, terrifying, and provocative. Filled with biting irony and a wonderful sense of the absurd, *Mount Misery* tells you everything you'll never learn in therapy. And it's a hell of a lot funnier. From the Hardcover edition.

Misery

As seen in *Time*, *USA TODAY*, *The Atlantic*, *The Wall Street Journal*, and on CBS *This Morning*, BBC, PBS, CNN, and NPR, *iGen* is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, *iGen* is the first generation to spend their entire adolescence in the age of the

smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

I Used to Be a Miserable F*ck

In *Changepower! 37 Secrets to Habit Change Success*, author Meg Selig guides readers through a step-by-step process that will help them achieve any habit change goal. Whether the reader wants to break a hurtful habit like smoking or overeating, or build a healthy habit like exercising or speaking up, *Changepower!* provides a springboard for change. Selig helps habit-changers move beyond willpower and succeed with changepower - the synergy that comes from combining willpower with other resources, useful outside supports, and wise strategies. In *Changepower!*, she shows habit-changers how to beef up both their willpower and their changepower to achieve habit change success. The key is revving up motivation. Selig reveals the most powerful motivators for change - pain motivators, the Eight Great Motivators, and even not-so-noble motivators. Research has shown that most changes take place in stages rather than overnight. Selig provides a step-by-step plan for each stage, leaving plenty of room for flexibility depending on each person's needs. First-person stories, pithy quotes, and how-to exercises provide inspiration, humor, and encouragement as readers embark on their habit change journeys.

Bearmouth: A Novel

In *How to Be Miserable*, psychologist Randy Paterson outlines 40 specific behaviors and habits, which—if followed—are sure to lead to a lifetime of unhappiness. On the other hand, if you do the opposite, you may yet join the ranks of happy people everywhere! There are stacks upon stacks of self-help books that will promise you love, happiness, and a fabulous life. But how can you pinpoint the exact behaviors that cause you to be miserable in the first place? Sometimes when we're depressed, or just sad or unhappy, our instincts tell us to do the opposite of what we should—such as focusing on the negative, dwelling on what we can't change, isolating ourselves from friends and loved ones, eating junk food, or

overindulging in alcohol. Sound familiar? This tongue-in-cheek guide will help you identify the behaviors that make you unhappy and discover how you—and only you—are holding yourself back from a life of contentment. You'll learn to spot the tried-and-true traps that increase feelings of dissatisfaction, foster a lack of motivation, and detract from our quality of life—as well as ways to avoid them. So, get ready to live the life you want (or not?) This fun, irreverent guide will light the way.

How to Be Miserable in Your Twenties

The experts' fifties : women, men, and male social scientists -- Family legacies -- Sexual puzzles -- The other fifties : beats, bad girls, and rock and roll -- Alone in the fifties : Anne Parsons and the feminine mystique.

I Hope You Know how Much I Love You

What We Wish We'd Known when We Were Newlyweds

Fifty years after Betty Friedan unveiled *The Feminine Mystique*, relations between men and women in America have never been more dysfunctional. If women are more liberated than ever before, why aren't they happier? In this shocking, funny, and bluntly honest tour of today's gender discontents, Andrea Tantaros, one of Fox News' most popular and outspoken stars, exposes how the rightful feminist pursuit of equality went too far, and how the unintended pitfalls of that power trade have made women (and men!) miserable. In a covetous quest to attain the power that men had, women were advised to work like men, talk like men, party like men, and have sex like men. There's just one problem: women aren't men. Instead of feeling happy with their newfound freedoms, females today are tied up in knots, trying to strike a balance between their natural, feminine and traditional desires and what modern society dictates—and demands—through the commandments of feminism. Revealing the mass confusion this has caused among both sexes, Tantaros argues that decades of social and economic progress haven't brought women the peace and contentedness they were told they'd gain from their new opportunities. The pressure both to have it all and to put forth the perfectly post-worthy, filtered life for social media and society at large has left women feeling twisted. Meanwhile, in their rightful quest for equality, women have promoted themselves at the expense of their male counterparts, leaving both genders frayed and frustrated. In this candid and humorous romp through the American cultural landscape, Tantaros reveals how gaining respect in the office - where women earned it - made them stop demanding it where they really wanted it: in their love lives. The impact of this power trade has been felt in every way, from sex to salaries, to dating and marriage, to fertility and female friendships, to the personal details they share with each other. As a result, we've lost the traditional virtues and values that we all want,

regardless of our politics: intimacy, authenticity, kindness, respect, discretion, and above all commitment. With scathing wit -- and insights born of personal experience -- Tantaros explores how women have taken guys off the hook in dating (much to their own detriment) and exposes how we've become a nation averse to intimacy and preoccupied with porn, one that has traded kindness for control, intimacy for sexting, and monogamy for polygamy. Sorry romance. Sorry decency and manners. Long talks over the telephone have been supplanted by the "belfie." All this indicates a culture that's devolving, not evolving. And it's only getting worse. Tied Up in Knots is a no-holds-barred gut check for the sexes and a wake-up call for a society that has decayed -- faster than anyone thought possible. It's time to remember what we all really want out of work, love and life. Only then can we finally begin untying those knots.

What I Wish I'd Known in High School

Addresses the issues of popularity, self-esteem, discipline, personal finance, and romance for teenagers.

Young, White, and Miserable

CLASSIC SELF-HELP FROM A RESPECTED PIONEER OF PSYCHOTHERAPY All of us worry about something, big or small, every day. But much of the emotional misery we feel is an overreaction, and it can be significantly reduced, using the techniques you'll find in this landmark book. World renowned therapist Dr. Albert Ellis, who created Rational-Emotive Behavior Therapy (REBT), believed that anger, anxiety, and depression are not only unnecessary, they're unethical, because when we allow ourselves to become emotionally upset, we're being unfair and unjust to ourselves. Thinking negative thoughts is a choice we can refuse to make. Applying the proven, time-tested principles of REBT is a simple, logical way to find true mental health and happiness. REBT acknowledges the power of emotions, but it also helps us understand which feelings are healthy and which are not. This classic book teaches you how to: *Retrain your brain to focus on the positive aspects of your life and face each obstacle without unnecessary despair *Control your emotional destiny *Refuse to upset yourself about upsetting yourself *Solve practical problems as well as emotional problems *Conquer the tyranny of "shoulds" and much more, providing all the tools you need to take back your life—and your happiness. If you can refuse to make yourself miserable, you're that much closer to making yourself happy—every day.

The Fault in Our Stars

There is nothing to be found in the pages of A Series of Unfortunate Events but misery and despair. You still have time to choose another international best-seller to read. But if you must know what unpleasanties befall the charming and clever Baudelaire children read on . . . There are many pleasant things to read about, but The Miserable Mill contains none of

them. Within its pages one will find a giant pincher machine, a bad casserole, a man with a cloud of smoke where his head should be, a hypnotist, a terrible accident and coupons. With 5 million copies sold in the UK alone, one might consider Lemony Snicket's *A Series of Unfortunate Events* to make him one of the most successful children's authors of the past decade. We, however, consider these miserable so-called adventure stories and the Hollywood film starring Jim Carrey that accompanied the books for children as nothing more than a dreadful mistake.

Tied Up in Knots

A wryly comic memoir that examines the pillars of New England WASP culture—class, history, family, money, envy, perfection, and, of course, real estate—through the lens of mothers and daughters. At eighteen, Sarah Payne Stuart fled her mother and all the other disapproving mothers of her too-perfect hometown of Concord, Massachusetts, only to return years later when she had children of her own. Whether to defy the previous generation or finally earn their approval and enter their ranks, she hurled herself into upper-crust domesticity full throttle. In the twenty years Stuart spent back in her hometown—in a series of ever more magnificent houses in ever grander neighborhoods—she was forced to connect with the cultural tradition of guilt and flawed parenting of a long legacy of local, literary women from Emerson's wife, to Hawthorne's, to the most famous and imposing of them all, Louisa May Alcott's iconic, guilt-tripping *Marmee*. When Stuart's own mother dies, she realizes that there is no one left to approve or disapprove. And so, with her suddenly grown children fleeing as she herself once did, Stuart leaves her hometown for the final time, bidding good-bye to the cozy ideals invented for her by Louisa May Alcott so many years ago, which may or may not ever have been based in reality.

How to Be Totally Unhappy in a Peaceful World

Les Misérables

Les Misérables is a French historical novel by Victor Hugo that is considered one of the greatest novels of the 19th century. Beginning in 1815 and culminating in the 1832 June Rebellion in Paris, the novel follows the lives and interactions of several characters, focusing on the struggles of ex-convict Jean Valjean and his experience of redemption. Examining the nature of law and grace, the novel elaborates upon the history of France, the architecture and urban design of Paris, politics, moral philosophy, antimonarchism, justice, religion, and the types and nature of romantic and familial love. More than a quarter of the novel is devoted to essays that argue a moral point or display Hugo's encyclopedic knowledge. The topics Hugo addresses include cloistered religious orders, the construction of the Paris sewers, argot, and the street urchins of Paris. Even when not turning to other subjects outside his narrative, Hugo sometimes interrupts the straightforward recitation of

events, his voice and control of the story line unconstrained by time and sequence. The story begins in 1815 in Digne, as the peasant Jean Valjean, just released from 19 years' imprisonment in the galleys—five for stealing bread for his starving sister and her family and fourteen more for numerous escape attempts—is turned away by innkeepers because his yellow passport marks him as a former convict. He sleeps on the street, angry and bitter. Digne's benevolent Bishop Myriel gives him shelter. At night, Valjean runs off with Myriel's silverware. When the police capture Valjean, Myriel pretends that he has given the silverware to Valjean and presses him to take two silver candlesticks as well, as if he had forgotten to take them. The police accept his explanation and leave. Myriel tells Valjean that his life has been spared for God, and that he should use money from the silver candlesticks to make an honest man of himself. Six years pass and Valjean, using the alias Monsieur Madeleine, has become a wealthy factory owner and is appointed mayor.

iGen

The #1 New York Times bestselling guide to decluttering your home and the inspiration for the hit Netflix show Tidying Up with Marie Kondo. Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house "spark joy" (and which don't), this international bestseller featuring Tokyo's newest lifestyle phenomenon will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

The Miserable Mill

Aaron, a law student, takes a summer job in a small town in Utah where he coaches Nadine "Nick" Jerard and meets his long-absent father.

Two Miserable Presidents

Addresses the issues of popularity, self-esteem, discipline, personal finance, and romance for teenagers.

How To Stubbornly Refuse To Make Yourself Miserable About Anything-yes, Anything!,

A darkly atmospheric thriller about justice, independence, and resistance announces the arrival of a singular new voice in young adult literature. Life in Bearmouth is one of hard labor and isolation, the sunlit world far above the mine a distant memory. Newt has lived in the mine since the age of four, and accepts everything from the harsh working conditions to the brutality of the mine's leaders—until the mysterious Devlin arrives and dares to ask the question, “Why?” As tensions rise, Newt is soon looking at Bearmouth with a fresh perspective—challenging the system and setting in motion a change of events that could destroy their entire world. An utterly distinctive voice, propulsive and page-turning storytelling, high stakes, heart-stopping twists, and a sense of moral purpose make Bearmouth an unforgettable and unparalleled debut.

How to Be an Extraordinary Teenager

Many women find themselves waking up unhappy and miserable almost every single day. Maybe they've lost their spark after years in an unfulfilling marriage or maybe the banalities of everyday life have just sucked them dry. They have become miserable cows and they can't even recognize themselves anymore. If this is you, then this book is going to help you put an end to that misery. How Not to Be a Miserable Cow is a guide to all the women out there that want to pursue love, happiness, and creativity. All the women that want more out of life. ALISON CAPRA is a powerhouse of a woman with several successful businesses behind her. Along with her significant other, she runs a YouTube channel with over 100K followers. This book is the story of how she turned her life around after her fair share of abusive and dysfunctional relationships and created a life that she loves. With her funny and honest writing, Alison Capra is sure to leave you feeling like you have the ability to kill your inner miserable cow and pursue a life of joy, adventure, and creativity. How NOT to be a Miserable Cow - A gypsy's guide to life, love and the pursuit of happiness from a clever girl with a big heart, passion for life, and strong convictions. Too often we release "bad behavior" to personality types or even our upbringing. On my quest for personal growth, I have identified what's making us ugly people, and if we refuse to identify them within ourselves we will become Miserable Cows.

Choose Your Own Misery

You have endless choices but few real options. Hungover and stuck at a job you hate, will you show up for your big presentation, or duck out with Debby, the HR rep with an FDR fetish? Play the weird lump on your back for office-wide sympathy, or dive into an internet spiral that can only end in “ten kinds of cancer”? Tell someone about the weird genital-fondling that's happening at the crystal healer's, or just accept that this is the best substitute you'll find for love, today or maybe ever? From two comedy writers and former contributors to THE ONION comes a parody of a choose-your-own-adventure tale? the story of your soul-crushing existence. Having choices is great when you're a kid, but in the adult world, the only options are endless varieties of misery. It's okay, though. A life of adventure would require so many uncomfortable

sleeping situations. Besides, you have dental. Keep reminding yourself about the dental. "Hell, the only reason for going to work is to goof-off reading Jilly Gagnon's and Mike MacDonald's book, Choose Your Own Misery: The Office!"—E. Jean Carroll, former writer for SNL "Choose Your Own Misery: The Office [is] the most addictive, clever, and honestly hilarious decision tree you've ever read."—Zack Bornstein, segment director at Jimmy Kimmel Live "Sorry, I've been spending every waking hour lost in your maddening madcap narrative labyrinth. I'll try to send a blurb for the book by the deadline!"—Jamie Brew, Associate Editor at Clickhole "It's time for you to choose your own miserable adventure, just like you do every day of your miserable life, but now in hilarious book form!"—Nate Dern, Head Writer for Funny or Die "Oh, how I laughed at this droll little book. Then, slowly but irreversibly, it filled me up with dread."—Jesse Andrews, author of the NY Times Bestselling ME AND EARL AND THE DYING GIRL "Choose Your Own Misery: The Office is a bittersweet, brutal, and frequently hilarious twist on the childhood classics."—NERDIST.COM "[Choose Your Own Misery: The Office] is one of the few books I've made sure to bring with me to show others when going out even though filled with miserable and sometimes darker choices, [it] is definitely one of the funniest books I've read lately."—TECHAERIS "In their rip-roaringly funny book, Choose Your Own Misery: The Office, the two Onion alums make a dark and decidedly adult play on beloved childhood "choose your own adventure" novels[Choose Your Own Misery] may be the funniest book released this year."—NEWSWEEK This book is a parody. It was not authorized by Chooseco, the publisher of Choose Your Own Adventure. Choose Your Own Adventure is a registered trademark of Chooseco LLC.

How to Be Totally Miserable

New school. New mean girl. New crush. New diary so Nikki can spill about all of it

Dork Diaries

Says former desperate housewife Darla Shine to stay-at-home moms everywhere: What have you got to complain about? A modern-day guide to keeping house, raising kids, and loving life. Darla Shine was once a desperate housewife. Being at home with two small children and a husband who was rarely home was enough to drive her crazy. She left her high-profile job as a television producer after her son was born, while her husband continued to move up the corporate ladder. Like many of her stay-at-home-mom friends, Shine employed a housekeeper and baby-sitters so she could spend her time running to the salon, the club, and out to lunch. Then one day she was whining to her mother about how terrible her life was, and her mother yelled at her to wake up and stop being so selfish. It was just the wakeup call she needed! The desperate housewife craze of today is sending the wrong message to women and their children everywhere, says Shine. When did being a good mom and being proud to stay home with the kids go out of style? When did it become acceptable to cheat on your husband? When did mothers start dressing like their teenage daughters? Shine finds the standards of today's

desperate housewives astonishingly low, and she has set out to teach women how they can be good mothers, look good, and feel good about the choices they make. Being a housewife does not mean you are on house arrest or can't be satisfied in your marriage. So step up, realize that you want to be home with your children, and embrace your life.

Mount Misery

"Most self-help books are trite. They don't tell you anything you don't already know, and if you could follow their advice, you wouldn't need to read the book in the first place. This book, however, is radically different. It assumes that you are a normal happy person and want to experience the misery that so many others complain about. It gives some great advice on how to bring yourself to hell on earth, -- and bring all of your family, friends, and co-workers right along with you! Best of all, you can do all this while rolling on the floor with laughter. Give this book to anyone whose cheerful mood annoys you when you are down in the dumps. I totally recommend this book for anyone even slightly Unhappy or those who love them !!" "I totally recommend this book for anyone even slightly Unhappy or those who love them !! It's fabulous. We had a great time, saw ourselves and others in the pages and since, unfortunately, this whole family is part of the 20% of happy people in a miserable world, the laughs were frequent and heartfelt." "I've read through bunches of self-help books. Of all of them, I think "Born to Win" and this book are the only two that will persist on my shelves." "The book is a delightful take hon the American way. Written with insight and humor, the author takes you into misery as a way of life and offers clever ways of maintaining your miserable status. I read it in one evening and thoroughly enjoyed the wacky humor and uncanny knowledge of how we make ourselves sick with unnecessary worry and self doubt. Read it with a sense of humor and you can't help but love it the way I did." "This is a great book to have on your living room coffee table or bedside, so that you can pick it up often, open to any page, and laugh at how ludicrous we can be on a regular basis. I have taught social dance classes for over 20 years, and my goal is to provide an arena in which people have the freedom to laugh at themselves while learning about something new. Gil's book provides me and others with that freedom. I highly recommend it!" "This is a good book when one feels down and needs an uplift. It allows one to realize not to take life so seriously. Very enjoyable reading."

The Angry Therapist

There are some things about me you should know. 1. I always wear my butterfly shell - even when I'm swimming or sleeping 2. I don't hurt myself any more 3. I believe in ghosts. I'd better start at the beginning. The beginning of First Year. Here goes ... The story of a strange year and a very special shell.

Choose Your Own Misery

Misery Bear is the saddest, loneliest, drunkest bear in the world. Nothing ever goes his way, he hates his life and he's always one swig of whisky away from oblivion. In Misery Bear's Guide to Love & Heartbreak, the furry critter shares his photos, stories, diary entries, poems, love letters, romantic recipes and doodles All from the paw of a chronically depressed bear who just wants someone to love.

Not a Novel: A Memoir in Pieces

A collection of highly personal and poetic essays about life, literature, and politics by the renowned German writer, Jenny Erpenbeck Jenny Erpenbeck's highly acclaimed novel *Go, Went, Gone* was a New York Times notable book and launched one of Germany's most admired writers into the American spotlight. In the *New Yorker*, James Wood wrote: "When Erpenbeck wins the Nobel Prize in a few years, I suspect that this novel will be cited." On the heels of this literary breakthrough comes , a book of personal, profound, often humorous meditations and reflections. Erpenbeck writes, "With this collection of texts, I am looking back for the first time at many years of my life, at the thoughts that filled my life from day to day." Starting with her childhood days in East Berlin ("I start with my life as a schoolgirl ... my own conscious life begins at the same time as the socialist life of Leipziger Strasse"), *Not a Novel* provides a glimpse of growing up in the GDR and of what it was like to be twenty-two when the wall collapsed; it takes us through Erpenbeck's early adult years, working in a bakery after immersing herself in the worlds of music, theater, and opera, and ultimately discovering her path as a writer. There are lively essays about her literary influences (Thomas Bernhard, the Brothers Grimm, Kafka, and Thomas Mann), unforgettable reflections on the forces at work in her novels (including history, silence, and time), and scathing commentaries on the dire situation of America and Europe today. "Why do we still hear laments for the Germans who died attempting to flee over the wall, but almost none for the countless refugees who have drowned in the Mediterranean in recent years, turning the sea into a giant grave?" With deep insight and warm intelligence, Jenny Erpenbeck provides us with a collection of unforgettable essays that take us into the heart and mind of "one of the finest and most exciting writers alive" (Michel Faber).

When Times Are Tough

'A passionate, provocative book. It isn't just a self-help book. It is a manifesto for a better society' Sunday Times 'One of the most rigorous articulations of the new mood of acceptancea persuasive demolition of many of our cultural stories about how we ought to live' Oliver Burkeman, Guardian Paul Dolan, the bestselling author of *Happiness by Design*, shows us how to escape the myth of perfection and find our own route to happiness. Be ambitious; find everlasting love; look after your health There are countless stories about how we ought to live our lives. These narratives can make our lives easier, and they might sometimes make us happier too. But they can also trap us and those around us. In *Happy Ever After*, bestselling

happiness expert Professor Paul Dolan draws on a variety of studies ranging over wellbeing, inequality and discrimination to bust the common myths about our sources of happiness. He shows that there can be many unexpected paths to lasting fulfilment. Some of these might involve not going into higher education, choosing not to marry, rewarding acts rooted in self-interest and caring a little less about living forever. By freeing ourselves from the myth of the perfect life, we might each find a life worth living.

Misery Bear's Guide to Love & Heartbreak

May 22, 1856: A MEMBER OF CONGRESS FROM SOUTH CAROLINA WALKS INTO THE SENATE CHAMBER, LOOKING FOR TROUBLE. That Congressman, Preston Brooks, was ready to attack Senator Charles Sumner of Massachusetts over remarks Sumner made slamming senators who supported slavery in Kansas. Brooks lifted his cane to beat Sumner, and here the action in the book stops, so that Steve Sheinkin can explain just where this confrontation started. In the process, he unravels the complicated string of events – the small things, the personal ones, the big issues– that led to The Civil War. It is a time and a war that threatened America's very existence, revealed in the surprising true stories of the soldiers and statesmen who battled it out. Two Miserable Presidents is a 2009 Bank Street - Best Children's Book of the Year.

How to Be Miserable

Happy Housewives

After an almost fatal car crash, novelist Paul Sheldon finds himself being nursed by a deranged fan who holds him captive.

The Life-Changing Magic of Tidying Up

Following in the footsteps of his snarky self-help hit, How to Be Miserable, psychologist Randy J. Paterson uses his trademark wit and irony to help you tackle the most common roadblocks that stand in the way of successful “adulting.” Are you living in your parent’s basement? Can you measure your life by the hours you spend video streaming or gaming? Do you have absolutely no idea who you really are or what matters to you? Are you emotionally stunted and incapable of mature relationships? Great! Keep it up. If you just can’t get enough of being miserable, you’re on the right path. In How to Be Miserable in Your Twenties, you won’t find platitudes or promises of love, happiness, and a fabulous life. What you will find are 40 strategies to help you cultivate a life of abject misery. On the other hand, if you want to take control of your destiny, find meaning and a sense of purpose, or just be a damn grownup, feel free to do the opposite of what this book

says. You may yet join the ranks of happy people everywhere! So, keep getting caught in the same self-defeating traps that have led you to an unfulfilling existence—or not! Either way, this book will help you take a good long look at yourself and your life, and come up with a solid action plan for your worst (or best) future.

The Butterfly Shell

On a day when everything goes wrong for him, Alexander is consoled by the thought that other people have bad days too.

What I Wish I'd Known in High School

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