



How to Be Totally Miserable: A Self-Hinder Book

By John Bytheway

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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.)

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Editorial Review

About the Author

John Bytheway served a mission to the Philippines and later graduated from Brigham Young University. A favorite speaker and teacher, John holds a master's degree in religious education and is a part-time instructor at BYU. John is the author of many bestselling books and audio products. He and his wife, Kimberly, have five children.

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