

## Title: The Psychology of Unhappiness

A common trait among unhappy men is the unfulfilment of a particular goal in their youth, leading them to direct their life for its achievement.

Some, due to frustration, might shun all kinds of satisfaction and resort to pleasure as an escape. However, this approach brings temporary relief. These men can be helped by convincing them about happiness's desirability. Although some men consider unhappiness as the only reasonable attitude of a wise man, the author opines that no man will choose unhappiness if there is a way to be happy.

(90 words) **LUCKY**