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Psychological Roots of Unhappiness

Unhappiness is caused by various psychological reasons, but have a common factor among them. An average man has a restricted perception of happiness.

For him, happiness entails achieving a specific element that he was deprived from. Today, unhappy men are allured by pleasures found in intoxicants.

They seek happiness through a negative approach of suppressing their senses. The intoxicant addicts are the

ones who are hopeless and need to be lured towards happiness. If shown the

life of happiness, few would lean towards unhappiness. Then there are

the wise, who having lived through all aspects of life, find unhappiness as

a norm of enlightenment. Their prideful

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Attitude decides others as they claim
that being unhappy as per will is not
unhappiness.