

Precis 2011

## Psychology of Unhappy Men

The similarity in many unhappy men stems from some deprivation of satisfaction in their youth. Men today have given up on seeking happiness and opt for shortcuts to gain meaningless distractions for fleeting pleasure. They make life bearable by being less enthusiastic and choosing distractions like drinking. It is important to persuade such men that happiness is possible and they need to seek it actively.

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Another type of men are narcissists who have the urge to be happy but are mistaken about the path leading to happiness. Then there are some men who after observing the ~~up~~ ups and downs of life are happy within the limitations of life. Such men take pride in their rationality, prompting scepticism from people who think that enjoying ~~or~~ accepting misery is not true misery.

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