

PRECIS

There are many causes of unhappiness but the one of them is that, to being deprived from the unmet desires of their youth. He feels so frustrate that they think happiness is only achieved ~~for~~ by other means like drinking or narcotics. The first thing to be done in this situation is that make him believe that happiness is achievable by other means. nowadays, people are proud of their unhappiness and they feel okay to be in misery. They think that ~~it~~ it looks wiser and to be in a miserable position.

title: The Psychological cause of being unhappy.