

Precis 2011

Title : "Unhappiness : Exploring Causes & Perspectives"

Precis : There are numerous, common, and clear, psychological causes of Unhappiness. Currently, a typical man is unhappy because he connects his level of satisfaction to his lack of achievements. Therefore, a man takes long sleeps and even derives happiness from negative and temporary sources like drinking. However, this can be fixed, if person convinces himself that happiness can be achieved because it is desirable. In contrast, a wise man may believe that there is nothing left to live for. Surprisingly, he feels even proud of being unhappy, viewing it as a universal phenomenon and a sign of wisdom. This depicts that he has given up hope and become suspicious of happiness.