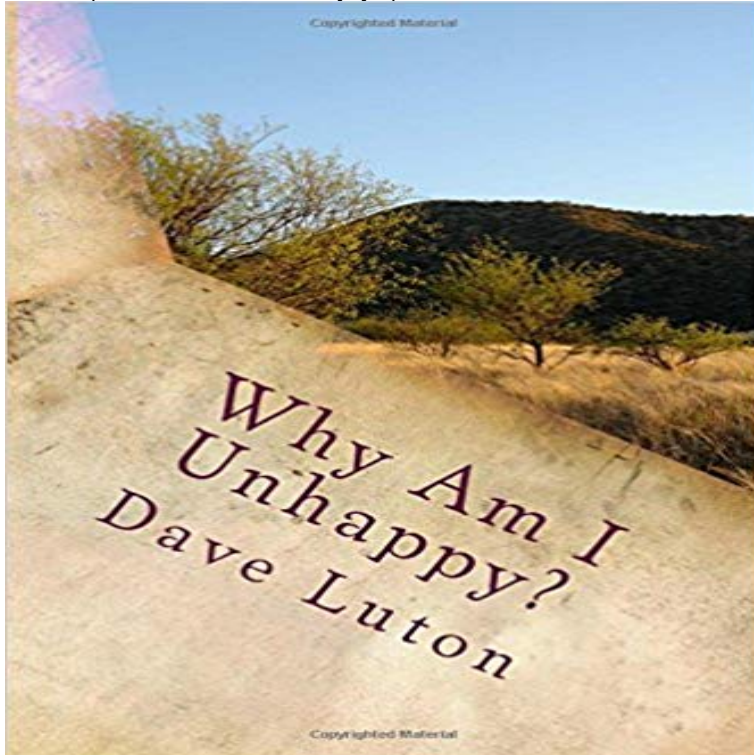


## Why Am I Unhappy?: Convenient Travel Size



This is the new small size version (6 x 9 in) of the previously published large size version (8.5 x 11 in) of my book on unhappiness. This book is also available with Amazon Kindle. Dave Luton was born in the state of Virginia in 1964 and has lived in seven different states as well as Japan and Canada (due to his fathers military service). He was a high school Spanish teacher for several years in the state of North Carolina before moving to Spain to be with his fiancée (and soon to be wife). Dave has suffered from clinical depression since his teen years, but fortunately started receiving treatment for this condition when he was in his late twenties. Medication and therapy have allowed Dave to work and lead a happy and productive life although he has often struggled with unhappiness. This struggle led Dave to write this book because he believed that sharing his own struggle with unhappiness might help others who are also unhappy.

1. Understanding the Root of Our Unhappiness
  - a. Realistic vs. Unrealistic Expectations
  - b. Be Honest with Yourself and Your Situation
  - c. Now, its your turn!
2. Finding a Solution
  - a. Realistic Assessments and a Game Plan
  - b. Conquering Fear and Procrastination
  - c. Finding a Purpose
  - d. Helping Others
  - e. Conquering Negative Thoughts
  - f. Conquering Anger and Bitterness
  - g. Living One Day at a Time
  - h. Seeing Life as an Adventure
  - i. Having a Sense of Humor
  - j. Recognizing a Blessing in Disguise
3. Conclusion

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