



"This book changed my life. Either I'm worse off or had a miraculous epiphany of serenity knowing I'm not the author. Either way, it's insanely hilarious."

-Richard Lewis



MISERY



DIS

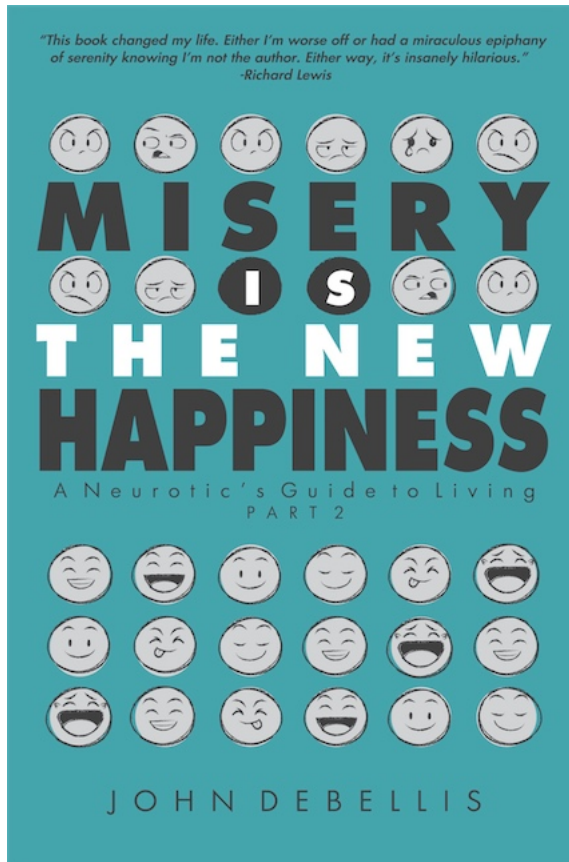
THE NEW

HAPPINESS

A Neurotic's Guide to Living
PART 2



JOHN DEBELLIS



You may think you're truly miserable and that life doesn't get any better - but you're mistaken. This book will teach you how to accept panic attacks, phobias and human contact, and how to thrive in a variety of toxic situations, so that you can reach the very lows of Misery Nirvana.

MISERY IS THE NEW HAPPINESS: The Neurotic's Guide to Living - Book 2

by John Debellis

**Order the complete book from the publisher
[Booklocker.com](http://www.booklocker.com)**

<http://www.booklocker.com/p/books/9947.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**

MISERY IS THE NEW HAPPINESS 2

"Life is a gift better left unopened." --our realization

"Be content with being dissatisfied." -- our mantra

*"Life is so boring, I read the credits on porno films." --
our resourcefulness*

*"If I get a lethal injection, I'd include a flu shot." -- our
deterrence*

*"When I talk, the voices in my head say 'shush!'" -- our
condition*

*"Insanity is doing the same thing over and over again
and not thinking anyone will notice." -- our
predicament*

*"I'm thankful to be alive, not to be conscious." -- our
rationalization*

*"Self-hatred is directing the anger to where it belongs." -
- our insight*

*"Thinking about suicide is planning for the future." -
our foresight*

"Misery Is the New Happiness" - our bible

Misery Is the New Happiness

The Neurotic's Guide to Living - Book 2

John J DeBellis



Copyright © 2018 John J DeBellis

ISBN: 978-1-63263-897-7

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by Abuzz Press, St. Petersburg, Florida, U.S.A.

The characters and events in this book are fictitious. Any similarity to real persons, living or dead, is coincidental and not intended by the author.

Library of Congress Cataloguing in Publication Data

DeBellis, John J

Misery is the New Happiness: The Neurotic's Guided to Living Book 2

by John J DeBellis

Humor: General | Humor: Topic - Marriage & Family |

HUMOR/Topic/Men, Women & Relationships

Library of Congress Control Number: 2018945411

Printed on acid-free paper.

Abuzz Press,
2018

First Edition

TABLE OF CONTENTS

PROLOGUE	vii
FAMILY	1
IMMEDIATE FAMILY.....	3
MOTHER, MOM, MOMMY.....	6
<i>Miserable Mother Traits</i>	6
FATHER, DAD, DADDY, DA, POP	8
<i>Things to Watch Out for in a Dad</i>	8
SIBLINGS: BROTHERS, SISTERS	10
GRANDPARENTS AND OTHER RELATIVES	12
<i>Weird Dumb Ways My Relatives Died</i>	13
PETS.....	15
ROMANCE	19
DATING ADVICE.....	21
<i>Phone etiquette</i>	24
<i>Dating pointers</i>	24
<i>Favorite places to take a date</i>	26
<i>A few tips when selecting a place to go on a date</i>	27
General rules of dating.....	29
<i>When to call after a first date</i>	30
IMPOTENCY – THE PERFECT ENDING FOR A DATE	36
SEX WITH ANOTHER PERSON	37
<i>Plan ahead when you're expected to spend the night</i>	39
<i>For the male: what to say after a bad performance</i>	41
<i>For the female</i>	42
LOVE.....	44
MARRIAGE IS DIVORCE.....	46
<i>A few quick things to look for in a spouse</i>	47
<i>Marital Red flags</i>	47
<i>Best honeymoon places</i>	51
JEALOUSY.....	53

LIFE STYLE	55
DIET – YOU ARE WHAT YOU THROW UP.....	57
<i>FOOD GROUPS</i>	57
<i>Comfort, fear, and panic foods</i>	57
<i>Favorite places to eat at home</i>	58
<i>Dining out</i>	58
<i>Favorite places to eat out</i>	59
<i>Places where a neurotic should never dine</i>	59
GIVING A BAD FIRST IMPRESSION – LET YOUR	
GEEK FLAG FLY	62
<i>Posture/Walking</i>	62
<i>Wardrobe</i>	63
<i>Where to shop</i>	64
<i>Favorite colors</i>	65
HOME DECORATING.....	66
<i>Common things in a neurotic's home</i>	66
ENTERTAINMENT--NEUROTIC'S STYLE	69
<i>Favorite movies</i>	70
<i>Favorite television shows</i>	71
<i>Favorite Comedians</i>	71
<i>Our favorite music</i>	72
<i>Why not the blues?</i>	73
<i>Why the blues?</i>	73
<i>Reading for entertainment</i>	73
DANCING (MOSTLY APPLICABLE TO CAUCASIAN	
NEUROTICS BUT NOT EXCLUSIVELY).....	75
<i>The ugly half dozen</i>	76
<i>Four dances we should never, ever try</i>	77
VACATION	79
IMMATURING.....	81
TEENAGE YEARS.....	83
MIDDLE AGE.....	85
SENIOR YEARS.....	90

PROLOGUE

Think of this book as the half of a Siamese twin who thinks the other half is following him (or her). You have been severely injured in a car wreck trying to kill your-self and then unable to evade the jaws-of-life. Your bad karma is a result of your bad karma. You have no pleasant choice; you are a headache in the mind of the universal consciousness. You are helpless in your hopelessness, unless you let go and allow the wave of rejection to carry you across the threshold of ineptitude into a life of pure misery.

The first book dealt mostly with the basics of misery--this one will focus on the toxicity of family affection, the importance of impotency, and the social aspects of being antisocial. You'll understand--and probably forget--the asphyxiating roots that stunt your phobic conduct, how not interact with your environment, and to savor your inoperable gauntlet of angst. You will learn with certain ambiguity to appreciate that your misery always was and always will be. You will live to decay another day.

LIFE STYLE

GIVING A BAD FIRST IMPRESSION – LET YOUR GEEK FLAG FLY

Giving a bad first impression lets people know right off the bat that you're a lowlife and not to have any positive expectations. If you fail miserably, which you will, it relieves some of the pressure and frees you to worry about as many things as you don't like. You will be able to go through dozens of odd rituals and to be hostile, needy, distant, and paranoid all out in the open. You will be absolutely free with your abnormal facial movements.

Leaving a bad first impression isn't always as easy as it seems. There are people with very high neurotic thresholds: Buddhists, Rastafarians, New Age music lovers, potheads, junkies, the homeless, those in comas, serial killers, someone who is being kicked by a horse, a man or woman who jumped from a building and is on the way down, a person drowning (unless your holding them under), a woman from a dating sight that is wearing a straight jacket and getting shock treatments, and, of course, there are liberal democrats.

So how do you give a foolproof bad impression that lasts and lasts and lasts and lasts, so no one is surprised or disappointed when you end up alone and living off of stolen goods? Well, there are some basic things to start with:

Posture/Walking

One or a combination of the following would work: slumping, slouching, tilting to one side, swaying back and forth walking on fours, running in circles and talking erratically (especially to no one), running as if you're a football player with a concussion trying to avoid tackles (crashing to the ground like you're being tackled is an enhancement), hopping like you're stepping on hot coals, skipping backwards (which is a real eye catcher), walking on your tippy-toes (especially effective for larger obese heterosexual males), limping and switching damaged legs, walking so slow people on crutches yell

at you to get out of the way, bumping into people and repeatedly screaming, "I'm so, so, so sorry!" and wiggling so much the person behind you will get hypnotized. An obese woman walking bowlegged in a miniskirt is a sure winner. (This would even better if you're a man.) Slamming head first into walls every few steps shows that you are senseless enough not to be reckoned with. One friend walked with his upper torso parallel to the ground and stopped every few feet to pick up things that fell out of his shirt pocket, which he would place back in and drop again ten seconds later. I wouldn't recommend the previous posture if you're a woman wearing a low cut blouse, unless you're a nymphomaniac, then it's an endearing quality (and can make you very popular). If you are handsome guy or a beautiful woman, you must work twice as hard to seem flawed. But don't let that inhibit you. Many great-looking neurotics have even been institutionalized (some for life). If a person attempts to see what's below your surface, don't fret--you are "empty" inside. (Carrying a full size mirror helps, too.)

The key is to commit to any method that best suits your personality disorder, and commit to it like you would a phobia. Walk your neurotic talk, especially if you stutter.

Wardrobe

Our wardrobe is out of date, uncared for, tailored to someone fat enough not to be able to get out of bed, or skinny enough to wear a straw, and clashes with not only what we're wearing but with any place that has gravity.

When shopping for clothes, buy cheaply, quickly, and exchange the garments several times a day.

When choosing outfits from your closet, do it with the lights off, eyes closed, and the door open only a crack. If your hamper doubles as a closet, just reach in and pull out anything that doesn't smell so bad you can't cover the order with mustard gas. When dressing, don't look at yourself in a mirror unless it's cracked into a thousand segments. And never, ever, iron anything. Other than wearing clothes that don't match, anal retentives can ignore this section. Of course, if

you're are a long time anal retentive, you'll want to read every word in order.

For a woman, there are a few easy rules to follow: If you're fat and have ugly legs, the shorter the skirt the better. A nice slit will really show off those peeling redwood stumps. If you have great legs, here are two approaches: long dresses that hang like drapes or skirts too short to be a NFL penalty flag. If you have either great gams or ones like fire hydrants, wear stockings that will make every guy think you're easy pickings. But once you begin to whine, cry, or jabber on about your homicidal parents, the awful job you were fired from, or how you like to dress up a man's privates in doll clothes, he won't be able to dump you in the gutter fast enough. That's safe sex. When picking out a wardrobe, repeat this mantra: ***"What you see is what you'll regret."***

Where to shop

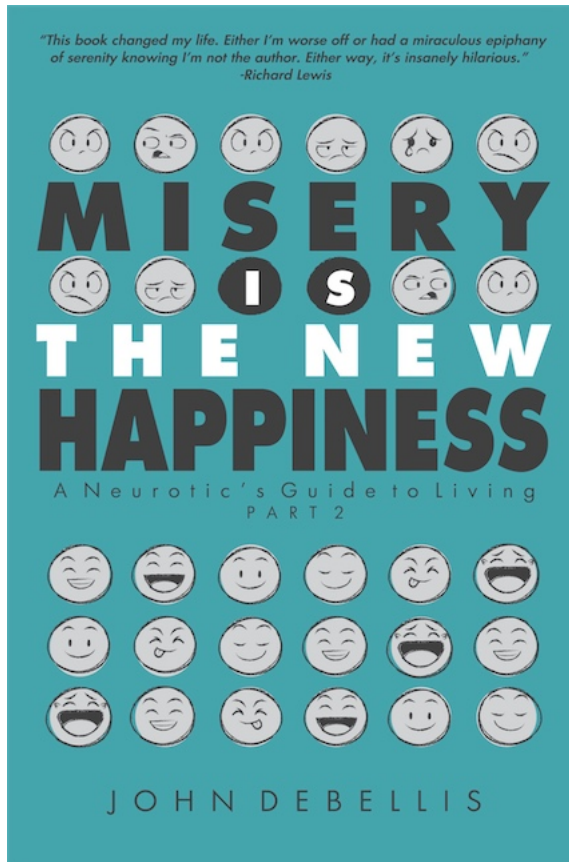
1. THRIFT SHOPS - They are cheap, easy, and everything is out of style. The sales people are old, non-threatening, and dress as poorly as you do. You may be able to buy what they're wearing or possibly get a cheap date who can't wait to take off her clothes.
2. GARAGE SALES - The clothes are so cheap that you can wear them once and they'll fall apart, so you'll never do a wash. Make sure you're not buying from an enterprising neurotic who is selling his clothes just before they'll disintegrate.
3. ONLINE - The only contact with the outside world is opening your door to lasso the package in. Make sure you tell the delivery person to, "Leave the package outside." Wait until he leaves before opening the door, so you won't be embarrassed trying to open the dozen or so locks.
4. WHAT A FRIEND OR RELATIVE GIVES YOU - This does not really qualify as a place to shop, but we are forever given clothes because a spouse died.

Favorite colors

1. Black
2. Dark black
3. Pitch black
4. Gray black
5. Dark gray

Our clothes shouldn't fit and should be worn only once (if they aren't dust already), because we're too embarrassed to take them to the dry cleaners and would still be out of style even if we had access to a time machine.

"Dress to kill yourself."



You may think you're truly miserable and that life doesn't get any better - but you're mistaken. This book will teach you how to accept panic attacks, phobias and human contact, and how to thrive in a variety of toxic situations, so that you can reach the very lows of Misery Nirvana.

MISERY IS THE NEW HAPPINESS: The Neurotic's Guide to Living - Book 2

by John Debellis

**Order the complete book from the publisher
[Booklocker.com](http://www.booklocker.com)**

<http://www.booklocker.com/p/books/9947.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**