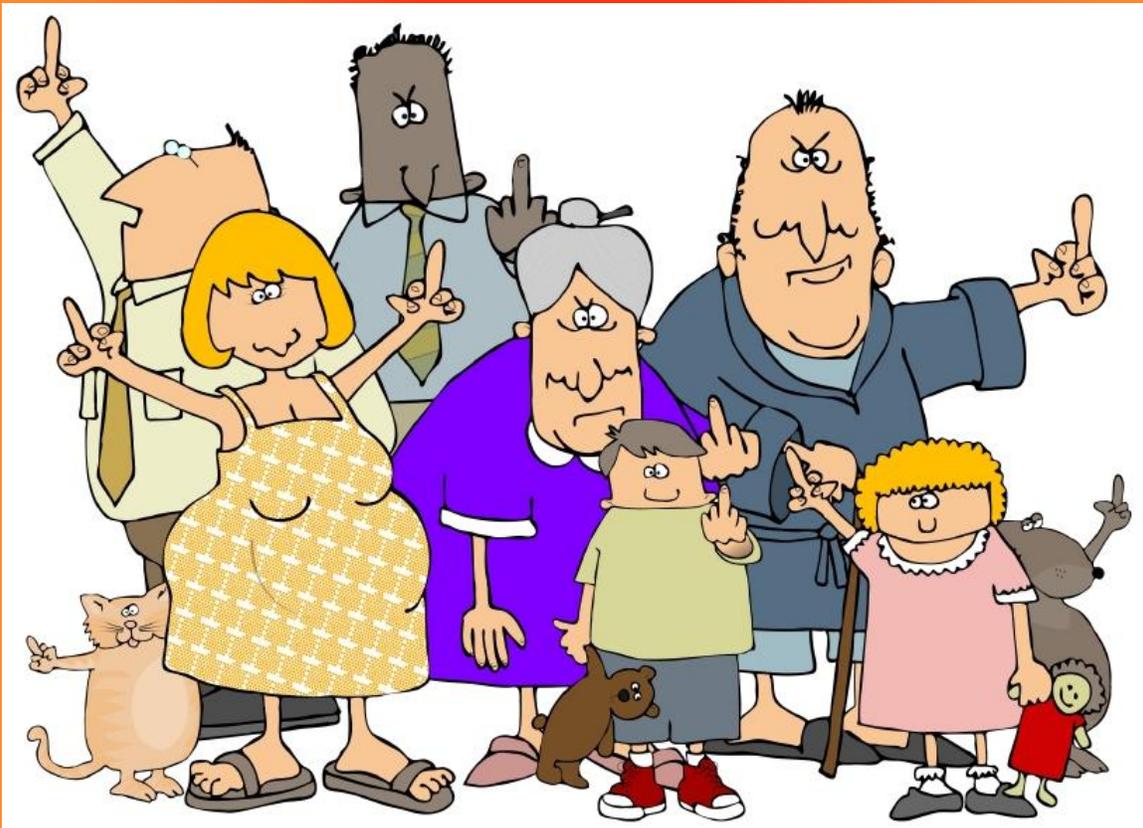


THE MISERY MANIFESTO



An Authoritative Guide To A Life (not) Worth Living

INTRODUCTION

Over the last 3 years I have done my best to help misery lovers everywhere hone and perfect their craft with tried and trusted methods, each one guaranteed to accentuate anguish, deepen despair and maintain melancholy.

Unfortunately, blog posts and [YouTube](#) clips only have a certain shelf life, so I thought what better way to maintain the majestic mournful mission than compile an authoritative guide to attaining and maintaining a miserable life?

Don't despair if you have tried to get depressed recently but found yourself slipping into happiness from time to time because this short manual, if used properly, can ensure a lifetime of unhappiness.

Understand though, nobody is born unhappy. It's not our natural state at all, you have to work at it the same way as some idiots work at feeling good by reading self development material, watching uplifting videos and listening to inspiring speakers.

You weren't born with the kind of ugly scowl on your face that would make a bulldog sniffing a skunk's arse look attractive. Well maybe you were, but it wasn't there because kids of today have no respect, the economy is a mess or it was raining.

It was more likely because you were covered in nasty tasting goo, absolutely famished and had no idea what in the hells name was going on.

So get that frown in place, have a quick grumble about the Government and illegal immigrants stealing your jobs and let's go to work.

TIM – JUNE 2010

GENERAL MISERY

Whine and Complain

Especially about stuff that is out of your control. Great examples are the weather, other people's actions and the housing market. Don't ever miss an opportunity to remind people that life is much worse and much harder than they think it is.

Then drive home your point by giving them a long list of examples of stuff that is wrong with the world.

Follow Celebrity Culture

We all know that celebrities lead charmed, perfect lives. They don't ever get sick, they have lots of money and are all perfectly balanced human beings. Read up on them, yearn to be them and above all, idolize them as the gods they are.

Never forget that your life is a meaningless travesty compared to theirs.

Be a Martyr

Never ever put your own needs first. Make sure that you put your spouse, kids even the mail man's happiness above yours. These people are far more important than you, so show them that by neglecting yourself.

Don't worry if you get sick and die because that will just cement your position in the martyr's hall of fame.



Berate Yourself

If you make a mistake, tell yourself. You know you're a jerk so tear yourself off a strip and do it in as an aggressive and condescending manner as possible. If you ever find yourself saying nice stuff internally, back up, delete it, and then say something along the lines of;

“You half-wit who the hell do you think you are?”

Judge Others.

Don't listen to people that say you can't judge a book by a cover. You haven't got time to read books so how else are you supposed to make up your mind than glancing at the cover?

If they are fat then they eat too much, if they smoke they are stupid and if they are out of work then it's obvious they're lazy. Soldiers, surgeons and athletes have to make rapid decisions so why not you?

Watch Local News.

Never miss an opportunity to tune into local news. Make sure you know who has murdered whom and more importantly, which drug-crazed lunatic is on the rampage in your neighborhood.

Don't go to bed feeling cheerful when you can simply flick on the TV and watch stories about the worsening economy, rising crime rates and foot tapping politicians hanging around in public bathrooms.

Be Careful What You Eat

Eat junk food, drink lots of beer and never exercise. Fresh fruit and vegetables are for wusses that are scared to eat a triple pounder deluxe with extra bacon and 62 different kinds of cheese.

Those same wusses probably can't knock back 10 beers a night and an 18" pizza. A good diet and exercise can help you feel good mentally and look good physically. Who needs that I ask you?

Stick to your guns and ignore those fitness fascists like the plague. After all, if you get fit you have to stay fit and that requires time, time that you need to watch TV news.



Watch More TV.

If you are watching 6 hours per day try and edge that up a bit. Aim for a diet of reality TV, local news, soap

operas and anything that humiliates people. Avoid programs that are remotely informative like the plague, so PBS is right out, and anyway it's probably run by commies.

Stick To Your Guns

If you have an opinion stick to it. You've probably spent years fine-tuning your belief system, so hang on to it for grim death.

Nobody likes a fickle, weak-willed, flip-flopper so don't let something as simple as overwhelming contrary evidence persuade you that you could be wrong.

Catastrophize.

You haven't had a bad day at work you've had a nightmare. You haven't been sick you have been violently sick. You haven't got a tough boss; you've got the boss from hell. Get the message? If something is worth feeling bad about then it's worth feeling really, really bad about.

Never use expressions like "It's not so bad" or "There was a silver lining" They will only serve to lessen the impact of negative events and we need to ramp them up.

When you get really skilled at this you can slip phrases like "I was violently sick and my boss from hell made my day an absolutely nightmare" into any conversation with aplomb.

Understand The Grass Is Always Greener.

It doesn't matter how well things are going for you they should be going a bit better. Never ever be happy or grateful for what you have.

Remember that story about a guy that found a bag of 100 gold coins, except there was only 99 or something like that. He spent the rest of his life



bemoaning his bad luck and looking for the missing coin. Now that's what I call a devotion to being miserable! Model this guy whoever he was and whatever it was he did. I've no idea what I'm talking about so just Google 'gold' and I'm sure it'll be number one.

Defy The Aging Process.

Aging is for losers with no money. Book in as many body-altering procedures as possible and then book in some more. If any surgeon says you look like a trout and he thinks you have had enough, fly to Mexico and find a surgeon there that will take your hard earned cash without putting your health first.

If your friends start to look strangely at you, don't worry, it probably means you need one or two more ops just to tighten things up behind your ears a little.

If you have no money, don't worry, you can do it yourself. There are bound to be explanations of what to do on the Internet so show a bit of initiative and dive in with enthusiasm.

Note of warning. You may want to splash out on some rather large sunglasses and a big hat before you start, just in case.



Be Jealous.

If your friend gets a rise, inherits some money or wins on the lottery that means there is less for you. There is only so much money and so much good luck to go round you know. Seethe about their good fortune, whine to mutual friends about what a lucky *&^%\$*& they are and try and make them feel bad at every opportunity by looking miserable.

Just remember, if they were a good friend they'd give you all their cash and the deeds to their house anyway, so it's obvious they hate you.

One-up People.

If you're in a group of people and somebody tells a fascinating story, one-up them with a better one. Try and make them look small and uninteresting compared to you.

This works especially well when you have to invent stuff because you've never actually done anything of interest. In such cases, forget what you said and contradict yourself later on thus looking even more idiotic when everybody realizes you're lying through your teeth.

Don't be bashful in pointing out you wrestled live crocodiles before that guy Dundee did, stormed the Normandy beaches solo the day before the Allied forces even turned up and invented the Internet until Al Gore stole your idea.

Laugh Less.

The world is a serious place and people need to understand that, so tell them.

If somebody tries to make light of a situation with a joke tell them it's inappropriate and in bad taste. If it isn't appropriate or in bad taste don't let that stop you bringing everybody down.

Ways to do so are; butting in early with the punch line to a joke. Telling people that joke was funnier when you heard it 5 years ago or reminding everybody that there are starving kids in Africa that don't know how to laugh.

Cell Phones

If you play your cards right cell phones can be a huge source of unhappiness for you. Start by signing up for a tariff that you can't quite afford for a phone you don't really need, with features that you have no idea how to use.

Then in your first month go crashing through your text and talk time limits. The savvy user can easily rack up \$250 in extra charges in a month. If you're a beginner and unsure of how to do this here are some tips:

- Text your spouse to tell them you have just pulled on to the driveway and will be through the door in 30 seconds
- Every time you text somebody follow it up with a call to check they got the text

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- Always text at least 5 people every time you're sat on the toilet
 - Always phone missed calls back in case it was important
 - Text whilst driving and make everybody else miserable too as they try and avoid you weaving all over the Interstate.

Visualize

This is something not practiced enough in my opinion for those really serious about being poor and unhappy. I mean, this technique is so effective it's practically a given in terms of its success.

Starting with the first thought you have in the morning, and as often as possible all throughout the day, right up until your last thought at night, stay focused on visualizing as many things as possible that could go disastrously wrong

Think of all the things that could go wrong. Your car could die on you because it's already 6 months old, you could develop some life threatening disease from that supermarket trolley or you could indeed get kidnapped by a group of Mexican banditos whilst vacationing in The Hamptons.

Beginners to being miserable sometimes hesitate thinking these things just aren't that likely to occur, but don't let that stop you.

I realize there's a greater chance of getting struck by lightning than those tragedies becoming your reality, but don't let that stop you from visualizing them as if they were real.



As a matter of fact, why not demonstrate some out of the box thinking and dedication by visualizing being struck by lightning as all the other bad stuff is occurring!

Feel The Fear And Run Away

If you have a fear of something there's a good reason. Businesses do go bankrupt, planes do fall out of the sky and people have probably been killed in a stampede of wild mountain goats whilst vacationing in an Italian skiing resort.



If somebody tries telling you that your fears are irrational or you should just push on through, run away. Don't these people realize the worst thing you can do with a fear is to face up to it?

If you do that it will subside and maybe even evaporate completely. Where would that leave you? Happy, that's where! What if you had no fears at all? That would be a disaster because you'd have nothing to be miserable about as the two are inexorably linked.

Think of fear as the schoolyard bully and hide from it whenever you spot it coming toward you. If you don't it will just steal your lunch money and give you a Chinese burn.

Drift Into Your Job

Never, ever have a career plan. Spend every minute of every working day despising what you do for a living. Don't worry (or rather do!); you have another 8 or so waking hours to do other stuff.

Well I say 8 hours, I guess by the time you have done the shopping, cleaned the house, driven to work, done the finances, worked any overtime and all that other stuff you hate, it'll be more like 2 or 3, but who's counting?

Great reasons to justify this insane behavior and do absolutely nothing to change is because:

- You need the money.
- You started part time 10 years ago and never got round to leaving

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- Your parents think you look so smart in a uniform, they're really proud of you and it would break their hearts if you ever left McDonalds.

Paralyze yourself with fear every time you think about changing careers with all the things that could go wrong. Never ever listen to friends that tell you stories about people successfully transitioning careers late in life and being blissfully happy. They're obviously either lying on drugs or more likely, both.

Beat Yourself Up

Beating yourself up is really easy for most people and has many upsides in the misery stakes.

Firstly, there's absolutely no need to worry about thinking of new things to berate yourself for. Just use the same old stuff over and over again. Think of it as helping the environment because you're simply recycling old mistakes, failure, errors of judgment etc.

I know the Police aren't allowed to charge somebody with the same crime over and over again, but you're not the Police and you can do what the hell you want.

Play a game and see how many times you can call yourself a jerk in one day. If it's less than 100 you really aren't taking this seriously and need to step it up.



Don't Set Goals

At the beginning of every year I hear people talking about setting goals and it drives me nuts. Do these people not realize that by writing their goals down there are exponentially more likely to achieve them?

Hitting goals leads to satisfaction and pleasure, which in turn eradicates misery.

If somebody asks you about your goals you have two options.

Firstly, you can tap the side of your head, wink at them and say “They’re all up here buddy exactly where they have been for the last 25 years” and then climb back under your cardboard box and go to sleep.

Secondly you can stare blankly at them for a few seconds and then ask “Goals? Goals? I haven’t got time to write no stinkin’ goals and wander off shaking your head in disbelief and muttering inanely to yourself.



Sssshhhh, Don't Waken The Giant Within

Lanky know-it-all Tony Robbins wrote a book all about awakening your inner giant. Well it's ok for Mr. Robbins because he's already a giant, but you're not, so don't listen him.

If you begin having fancy pants ideas of a successful future you may start to develop enthusiasm and, heaven forbid, momentum. Those two things alone can make it tricky to develop real long lasting misery.

Unless, of course, you're enthusiastic about being miserable like I am, in which case knock yourself out.

Get More Stuff

Some fat guy from China once said, “There is no way to happiness, happiness is the way.”

Well quite frankly I have no idea what my pie eating friend was talking about, but I do know that there's plenty of ways to misery and chasing after stuff is right up there with the best.

You need more stuff, you need better stuff, you need faster stuff, you more expensive stuff and you need it now!

Everybody knows that the 17 seconds exhilaration you gain from buying new stuff is wiped out by a miserable empty feeling thereafter. It's a misery lovers dream scenario.

You spend money on stuff you don't really need, push through an uncomfortable 17 seconds feeling happy. And then sit back in misery as you realize that the stuff you bought isn't as nice or desirable as the stuff you didn't buy or your friends possess.

In these situations simply head back to the store with credit cards in hand to buy more stuff.

Stay Vigilant

The last thing you want to happen is that you stumble upon something that might change your life for the better. Stay vigilant because although you don't want to hear it, there are solutions out there.

For example there is an actual formula for [How to be Rich and Happy](#), and if you aren't careful, the next thing you know, you'll start discovering parts of it, and meet people who know it.

The last thing you want is to accidentally start making that your reality, because sure enough, once that happens, I'll tell you right now, you can kiss your misery goodbye. And then what? Eh?

FINANCIAL MISERY

Get Rich Quick.

If you get an e-mail telling you that you've won the Nigerian lottery, or some guy you never met in some country you never heard of has left you \$390 billion in his will, reply immediately.

Just because somebody goes into great detail about being the wife of a dead billionaire and then signs the e-mail "Your Sister in Christ, Mr. Peter Larsen" doesn't mean it's not true. It's probably just a typo.

Similarly I'm sure the King of Spain does personally send out e-mails to people that have won the lottery and it is possible to win the European lottery 16 times in a month even though you never bought a ticket or even went to Europe.

Send them as much cash as you can afford (borrow some if you are a bit strapped at the moment) to close the deal then immediately book your world cruise....on plastic of course.



Consolidate Your Debts

This is a no-brainer in today's market place. Don't have 3 or 4 small debts here there and everywhere paying 8% on each, get one huge debt and pay 15%. It makes sense; you haven't got time to manage 3 or 4 debts when Fox News is about to tell you 5 reasons why you'll be dead by the time your 50!

When you've signed up for the consolidation asks your friend the financial adviser to work out how much extra interest you'll be paying over the next 62 years.

Make sure you're sat down with a large brandy, some smelling salts and a defibrillator to hand when he answers you.

Live Beyond Your Means

Many people have mastered the fine art of spending just a little bit more money than they earn, but a few of you are failing to grasp the misery opportunities going begging here.

It's simple math, if you earn \$50k spend \$55k, if you earn \$100k spend \$105K.

What the hell do you think credit cards were designed for anyway? If you only have one card then apply for some more. They're free you know! Best of all, get a wallet full of store cards and then loose track of how much money is on each one and run up a mountain of debt.



Crank Up The A/C

If you live in Florida or any other hot place like I do you'll know just how stifling it can get. Crank up the A/C to the max, especially if you go out for the day. That way when you get home you'll have a lovely cool home to walk into.

Same goes for your refrigerator, that dial has a maximum for a reason you know! Nobody likes warm beer, not even us Brits.

If the house gets a bit too cold, don't waste energy walking to the thermostat, just pop a sweater on or wrap a quilt round you.

Don't be upset if you live in the frigid UK, just reverse the process and get that central heating on at the first sign of a chill in the air. If it then gets a tad hot, just open a window because fresh air is good for you.

Play The Lottery

You know you'll never have much money as things are; so base all your future plans on the 1 in 100 million possibility that you can win the big one.

This can be a double-whammy for misery seekers everywhere if you keep an ongoing log of what you spend. At the end of the year, add it all up and ponder what you could have bought with the \$1000 or so you wasted.

Better still; ask your friend the financial expert back to work out how much that money would have worth been in 10 years time if invested properly.

Beat the Jones's.

You don't want to keep up with the Jones's you want to ram your success down their big fat ugly throats and hope they choke on it.

If your neighbor gets a bigger TV, better car or buys a yacht, that means you need to go one better.

You know they'll be laughing about you behind your back, so get the credit cards out again and go on a shopping spree to make yourself feel better and then see who laughs last.

Save Loose Change.

Don't worry, I've not lost my mind and gone all frugal on you. Have a large jar and toss any loose change you have into it. Then when you fill it, take it to your local Supermarket and pour it into one of those change converters you see by the door.

You get a whopping 93% of your money back! It's a better and more efficient way to lose money than a trip to the Vegas where the slots pay out up to 97%.

WORKPLACE MISERY

Drift Into Your Job

Never, ever have a career plan. Spend every minute of every working day despising what you do for a living. Don't worry (or rather do!); you have another 8 or so waking hours to do other stuff. Well I say 8 hours, I guess by the time you have done the shopping, cleaned the house, driven to work, done the finances, worked any overtime and all that other stuff you hate, it'll be more like 2 or 3, but who's counting?

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Never ever listen to friends that tell you stories about people successfully transitioning careers late in life and being blissfully happy. They're obviously either lying on drugs or more likely, both.



Demoralize

Always make sure that the first thing you say when entering the office in the morning and the leaving in the evening brings everybody crashing down. Examples could be:

- “Did anybody see that video on YouTube where that dog dragged another injured dog to safety off the highway? Yeh, well I just saw the follow up and the both got hit by a 50 ton truck just moments later.”
- “The CEO is planning another brutal round of head cuts according to Bob in HR”
- “I knew I shouldn’t have come to work with this bug the kids gave me, 3 people have died from it already in our neighborhood”
- “Does anybody remember that YouTube clip where a cute dog saved another injured cute puppy by dragging it off the Interstate? Well guess what? I just saw the follow up where a 50 ton truck wiped them both out 30 seconds later. Bummer eh?”

Work twice as hard at this when it’s Friday, somebody’s birthday or there is a general air of congeniality. If it’s not working very well, just fart and look accusingly at the person next to you.

Holidays

If you need a big day off work don’t risk booking it in advance. If you ask for July 4th off, management may say no because other people have already booked it or it’s a busy time in the office.

Phone in sick at the last minute from the beach. Don’t worry; somebody will cover for you even if it means they have to leave their family to come in to the office.

You’re not a charity you know, and anyway, it’s not your fault they only



get to see their sick Grandpa once every 4 years. Anyway, he's probably had a good innings and is only clogging up a bed at the hospice.

What You Have You Hold

If you have any ideas that will help all your colleagues perform more efficiently or be more successful, pretend you're a squirrel and keep them to yourself. They're your ideas; you earned, plagiarized or stole them.

We're not living in Russia, Finland, Canada or some other Commie country you know, nobody gives you free cash, and even if they do, that's not the point.

Let your motto be "To have and to hold"

Undermine Colleagues

If one of your colleagues has a great idea in a meeting never forget to ridicule it. Point out every way it can and will fail whilst laughing heartily and condescendingly.



Tell everybody how a similar suggestion failed in your last company and everybody lost their jobs, homes and ended up living under cardboard boxes.

If it's a really good idea, don't be discouraged, just treat it as a challenge and undermine even harder. If all else fails, tell them about how when you worked at Enron they had that very same idea.

The gold standard is not just to get the idea thrown out, but to have the person that suggested it humiliated and hopefully fired.

'Successful' people use this technique to undermine negative and disempowering beliefs. Don't you be one of them!

Gossip

Tell Ian and Bob that Jay thinks they're gay lovers. Then tell Amanda that Lucy fancies her boyfriend and has been making eyes at him. Then tell Jay that Ian nailed the boss's wife in the stationery cupboard at the Christmas

party, but told her his name was Jay. Send a letter to Bob swearing undying love and sign it Ian and so on and so forth.

This stuff doesn't have to be technically true. As long as you have a vague hunch because of the way they looked at you one time I suspect it's all perfectly legal and above board.

Some corporate-loving feel good types use this approach to spread great ideas and good news. Do NOT be one of them.

Grovel To The Boss

Always leave the office 30 seconds after you manager and get there 30 seconds before he arrives. Everybody in the office will cotton on to what you're doing, but the manager will be in blissful ignorance and think you're committed to the company cause.

Roll your eyes at the boss whilst shaking your head and tapping your wristwatch every time somebody leaves early or arrives late.

Groveling can be really tiring, but don't worry. You only have to do this when the boss is there. The rest of the time you can stab him or her in the back with gusto.

Surf The Internet

Spend hours on Twitter, Facebook, MySpace and dating sites looking for dirt on colleagues. When you find something, 'accidentally' send an e-mail with the link to the entire company.



If that's too risky, borrow somebody else's computer when they are in the bathroom or print pictures off at home and surreptitiously stick them all over the office when it's empty. Blame Colin from dispatch.

Some successful people use 'down time' to surf for inspirational stories and ways to help the company. I have no idea what the hell is wrong with them.

Porn

When surfing for porn always make sure you're logged in under somebody else's username and password and preferably on their computer too.

Don't worry everybody does this, or so I'm led to believe.

Drinks

If you have a communal fresh coffee machine and you notice it's getting low, make sure you top yours up quickly, otherwise you may be the one to have to fill it up. If you already have a cup, simply pour that away and then finish off the fresh stuff.

The same goes for the water cooler, it's not your job to change it if it runs dry, after all, you could put your back out. Just make sure you fill 4 or 5 cups to take back to your desk when it gets very low.



Popular people seem to get off on helping others and may even take coffee to colleagues desks and stop for a pleasant chat. They should be locked up in my opinion.

Cell Phones

Never ever turn you cell phone off in the office or at a meeting, even when requested to do so.

If it rings simply hold up your hand condescendingly indicating everybody needs to be quiet and nod sagely as your mum tells you that Aunt Enid has lost her reading glasses down the toilet again.

If anybody else's phone should ring, roll your eyes; sigh heavily and then say in a low but perfectly audible whisper, "disgraceful, some people have no respect for others".

On the other hand, if you are out of the office seeing clients or delivering stock leave your phone on your desk.

Then prepare for a 3 hour nap by the side of the road knowing your ringing phone is pissing off the entire office. That's what we call a win/win in the trade.

Deny Everything

Admission of guilt and accepting responsibility is a huge sign of weakness.

If you screw up blame somebody else, anybody else, everybody else. Good people to blame are anybody that no longer works in your office, the timid office mouse that never fights her corner, or anybody that has been within 100 feet of your desk within the last 6 months.

If you see somebody admitting they screwed up to the boss and taking full responsibility, after you have stopped laughing, knife them in the back by pointing out "It's not the first time, is it?"

ONLINE MISERY

Complain Online.

Waste time e-mailing people to complain about stuff that's nothing to do with you. Don't read a book or do some work, don't even relax or walk the dog. Get on your computer and trawl message boards and blogs looking for something that you can feel offended about.

It doesn't have to be anything to do with you, in fact the more out of your control it is the better. As long as you jump to conclusions, don't give the author time to explain what she meant and remain abusive at all times, you'll be fine.

Get your blood pressure and heart rate as high as possible and then leave a scathing comment vowing never to return again. Celebrate a job well done with a cigarette, a double espresso and a small heart attack.

Join Twitter

If you have just gone through, or currently going through, a messy relationship break up, Tweet about it. There will be lots of people dying to hear about why he or she is really right for you and is making a huge mistake in dumping you.

They'll be equally eager to hear all the crap songs you post links to.

Join Facebook

Always make sure your friends know you want as many photos of yourself half-naked, blind drunk and making out with small farmyard animals on Facebook. If they are tagged correctly this one thing on its own can make you almost unemployable for the next decade!



Email Attachments

Always, always, open every single attachment you are sent even if you have no idea who the person is that sent it to you. If you don't, you may miss another Euro lottery win and anyway your six year old anti-virus software can deal with any problems.

Conclusion

So there you have it, you now have a plethora no less, of ways to make yourself miserable at every turn.

As you can see it's not always easy and requires patience to master some of the skills I have spoken about. However, I see so many dedicated people pulling this off every single day that I just know you can do it too.

As that perennial loser Winston Churchill said, "Never, never, never, give up"

Worst of luck!

Addendum

If you're not sure that a life of misery is for you, you could check out [How To Be Rich and Happy](#) and help Tim and John giveaway 1,000,000 copies of the book to good causes.

Of course I wouldn't recommend that, but hey, it's your life.