



# When Am I Going to Be Happy?: How to Break the Emotional Bad Habits That Make You Miserable

*Penelope Russianoff*

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## **When Am I Going to Be Happy?: How to Break the Emotional Bad Habits That Make You Miserable**

Penelope Russianoff

Learn to change the emotional bad habits that make you unhappy.

- Recognize Your Emotional Bad Habits (and start to break them)
- Throw Off Your Security Blanket (and accept that you can have happiness)
- Talk Tenderly To Yourself (and increase self-esteem)
- Use The "To You-Ness To Me-Ness" Technique (and respond to negative comments with firm conviction, not rage)
- Get Rid Of The Imposter Phenomenon (and stop devaluing yourself)
- Accept Praise (and cease being your own worst critic)
- Stop Measuring Your Self

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#### **Jesse Ward:**

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