

How to Stay

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Miserable

# Introduction

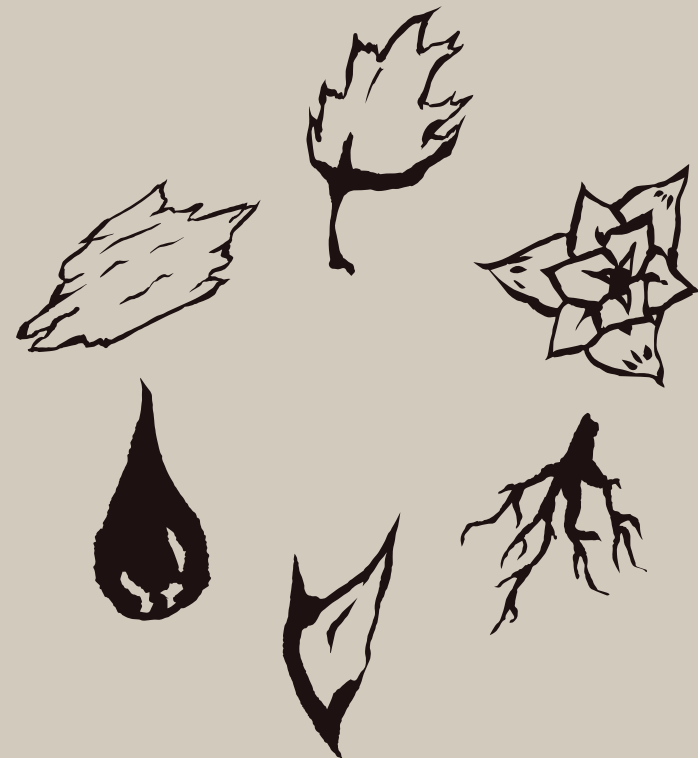
Misery, it is the final goal for everyone who rests on this earth. You, reading this book now want to be miserable. You might have picked it up out of curiosity, amusement, or ambivalence, it does not matter. You all have something hiding in your subconscious, that calls out to you, beckons you to come into its warm embrace, you want to be miserable. And what better time to start than right now, in a time where you have all the free time in the world, to overthink your actions, to worry existentially about whether or not your life is meaningful.

To reach this one must learn to traverse the garden of misery. In the garden of misery lie many dangers, which will tempt you into straying from in path. However, the path is everlasting and ever repeating, the longer time goes on the easier it will be to traverse the garden, and harder to escape.

But beware the seven poisons of happiness that lay upon knife that strikes directly into your soul, clawing away at your mind, attempting to stop you from reaching your final goal, of misery. This guide will vaccinate your mind, teaching you how to become immune to these deadly poisons, starting from the harmless, to the most toxic.

Though I must be careful, as even mentioning these poisons corrupts the very page they are attached to. The more dangerous the poison, the stronger the corruption.

# The Six Poisons of Happiness



# Garden Of Misery



# Bark of Exercise

Your journey along the garden path will begin in a forest. Crowded by trees on either side, beneath your feet lays a walkway that will guide you along your journey. You may be tempted to forego this path, making your own way through the forest, but that is just a fool's errand. As within this forest lies the first poison, the Bark of Exercise. It hides itself among the trees, waiting for a lost pilgrim to touch it and inflict its deadly venom. It is easy to avoid, stay on the path and you will be safe. Stay on the path and you will be miserable. The poison of exercise is very deadly indeed, releasing endorphins in your brain, making you feel energised and relieved. Through regular exposure it can even start to tear away at your misery, causing you to feel the forbidden emotion of joy.

Though luckily for us humble misery seekers it is very simple to evade. Exercising takes motivation and wears you out, its tiring and time consuming, and people will judge you. The happiness is easy to avoid, just follow the garden path.



*Venenum Corticibus*

## Symptoms

Joy

Energy

Relief

Relaxation

# Leaf of Diet

As you continue along the walkway, you will notice some of the leaves change as you walk by. Becoming spiny and sinister, as vile sickly, spikes poke through their wispy skins. This is of course the next poison you will face on your journey, the Leaf of Diet. It emits a sweet fragrance, and the deep black dew on its body glistens in the light, daring you to eat it. One small taste will not do much, but do not be fooled, excessive consumption can make you feel relaxed and comfortable.

Maintaining a terrible diet is perhaps hard, perhaps easy, it depends on the person. To ensure maximum misery efficiency, never eat your meals consistently. It is very essential that you do not have an allocated time to eat, we misery seekers do not follow the whims of regular society. This will make sure that your bodies metabolism is always confused. To assist with this, also make sure to eat a full meal before you sleep, never giving your body a chance to rest, allowing you to wake up sickly and weak. However most importantly never maintain a balanced diet, this will stop your body from ever feeling comfortable, as no trips to the toilet are ever enjoyable.



*Venenata Folium*

## Symptoms

Comfort

Joy

Lively

Relaxation

# Flower of Motivation



*Flos Ostium*

## Symptoms

Inspiration

Fulfilment

Energy

Optimism

Continuing your journey, you find yourself in a large open field, finally leaving the forest. It is filled with all types of beautifully miserable vegetation, but do not be fooled, here spawns one of the hardest trials for any pilgrim following the garden path, the flower of motivation. The flower rarely blooms, so rarely in fact, that you may never encounter it even after travelling through the garden numerous times. But when it does, beware, its sickly-sweet nectar seduces your soul, filling you with the desire to actually do something. It is likely that you will be able to resist its pull, however, with the right guidance this can become a boon to your misery.

When struck with motivation, it is hard to dodge the subsequent feelings of fulfilment and joy. Though it is possible to negate it. When you are firmly in the grasp of motivation, overwork your body and your mind, do not stop to appreciate and reflect, just keep on pushing yourself. Convince yourself that if you do not complete this task then you are a failure, set your goals impossibly high and make yourself stressed. Not only will your inevitable failure crush your soul, but the cortisol released from your stress will make you highly susceptible to illness.

# Water of Beyond

After traversing the plains you will come across a vast river stretching out from the horizon, and a simple bridge passing over its murky depths. The only way to cross is over this bridge, it is impossible to swim as this river is your fourth trial, the Water of Beyond. As you travel along the bridge keep your head straight, do not look at the depths of the river. The still black surface will entrance you, enticing you to jump in. If you do, you will sink down, and be transported out of the garden.

Confine yourself to as little space as possible, though it is important to provide yourself with the necessary amenities to live within this space, but only enough as you want to move as little as possible. Leaving the safety of this space is highly unwise as there are many more temptations, trying to stop you from being miserable, though eventually you may be forced to. As you leave assume everyone around you is judging you, judging your appearance, judging your personality, judging things they could not possibly know. Along with this keep your route boring and monotonous, and never adventure out it. Only then can you avoid the danger of happiness.

*Aquam Fellis*

## Symptoms

Energy

Joy

Refreshed

Fulfilment

# Roots of Companionship



*Virulenta Radice*

## Symptoms

As you pass the bridge the path gets narrower. You will start to notice roots covering the ground where you walk, only a little at first, however, they start to grow larger and larger, and with it covering more and more of the path. They hinder your journey, catching your feet every time you take a step. These are the Roots of Companionship, and they will do anything to stop you from traversing the path. They are tenacious and persistent in their attempt to deter you from continuing your journey, though unlike the other poisons there is an easy way out. Completely destroy them.

Your friends and family are chains that tie you down, preventing you from reaching your true potential, of misery. They do not actually like you or care about you, in reality they always have an ulterior motive. Thus, it is better to disregard these worthless relationships, end them as soon as possible. Never make an effort to contact them yourself, however, always make sure you are aware when they are doing things without you. When they try to contact you, ignore, or offend them, anything to stop them. Allow yourself to wallow in your misery alone.

Joy  
Cheer

Amiable  
Pride



# Thorn of Rest

Finally, you near the end of the path. Ahead you will see a hedge completely covering the way, filled with thorns. These are the final trial, the Thorns of Rest. However, you have no choice but to move forward, where else can you go? As you enter the hedge, the thorns will not only stab at your body, but also your mind. Like parasites they will drain any energy and all misery in your body, replacing it with exhaustion. They are impossible to resist. You will succumb, falling into a deep sleep.

Though resist the best you can, sometimes you will be able to go further than other times. As long as you never stop in the same place more than twice you will minimise the thorns effect on your misery. Although rest will always reduce your misery, by resting sporadically with no structure, your rests will no longer be comfortable. You will wake feeling exhausted, lacking any energy. Then you will be able to walk through the garden all over again.



*Venema Spinam*

## Symptoms

Clarity

Relaxation

Relief

Energy

Your walk through the garden is  
now complete



Rest for now, and wake  
tomorrow to...

Embrace  
*the*  
Misery