



*the*

*lively  
Sins*

how to  
enjoy your life, dammit

written by  
laren salmansohn  
author of *How to Be Happy, Dammit*

designed by  
zinzell

4/5

# the 7 lively sins

how to enjoy your life, dammit

karen salmansohn ✓



CELESTIAL ARTS  
Berkeley / Toronto

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A Kirsty Melville Book



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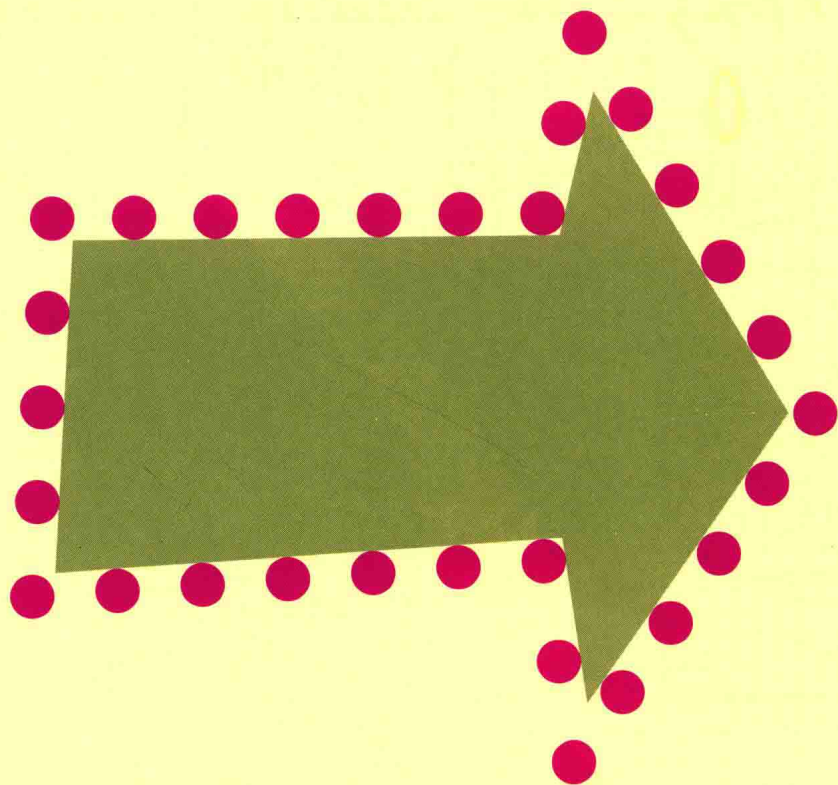


*the 7 lively sins*







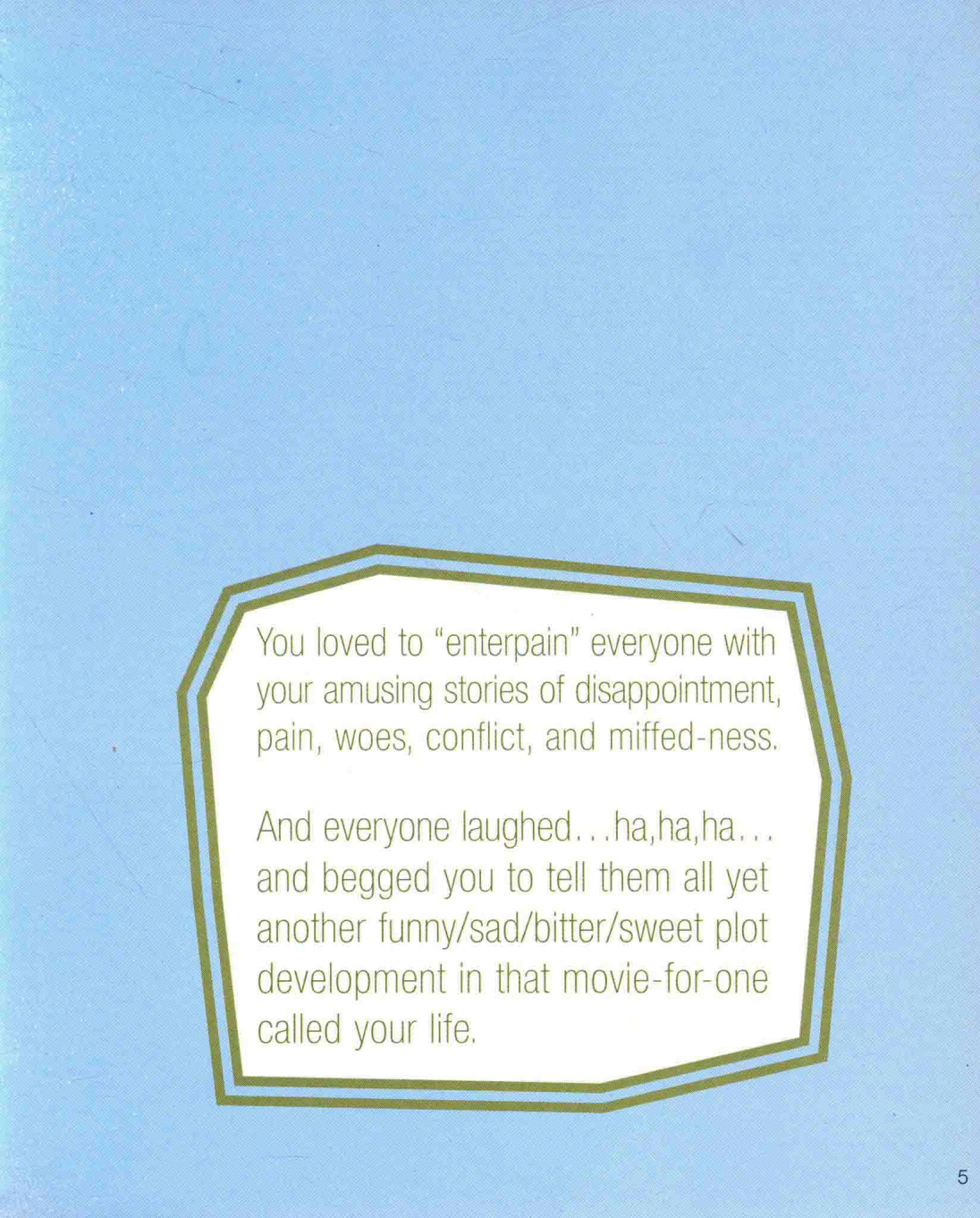


YOU.



# Silly YOU.

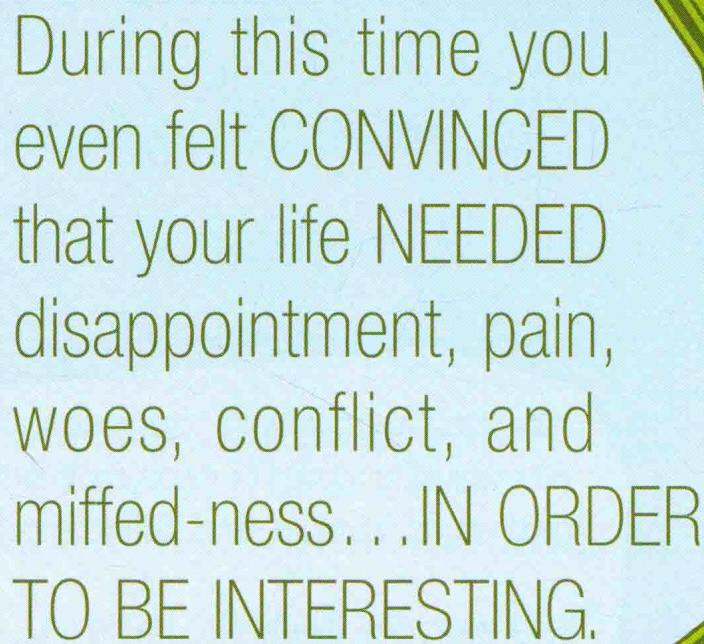
You used to be known amongst your friends as  
"THE GREAT ENTERPAINER."



You loved to “enterpain” everyone with your amusing stories of disappointment, pain, woes, conflict, and miffed-ness.

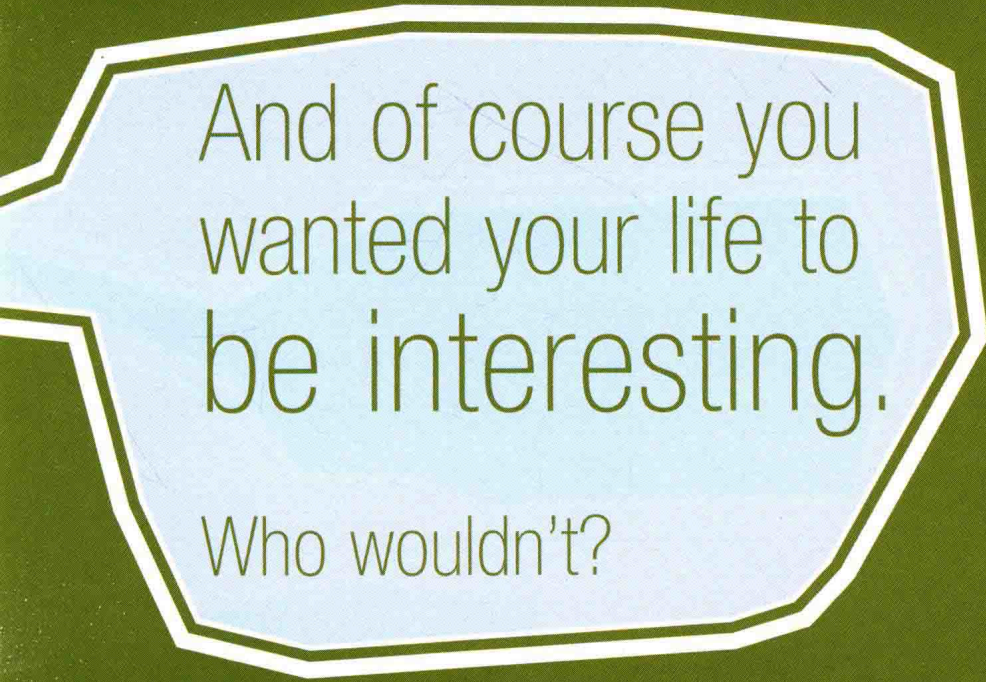
And everyone laughed...ha,ha,ha... and begged you to tell them all yet another funny/sad/bitter/sweet plot development in that movie-for-one called your life.






During this time you  
even felt CONVINCED  
that your life NEEDED  
disappointment, pain,  
woes, conflict, and  
miffed-ness...IN ORDER  
TO BE INTERESTING.





And of course you  
wanted your life to  
be interesting.

Who wouldn't?



THE ANSWER:  
5,678,389,261\*  
people in China, that's who.

\*(Um, give or take 456,987,001. You forget exactly how many people live in China right now.)

In China, you've been told, they use  
the word "interesting" as a curse.

"May you live in interesting times,"  
the Chinese tell a person they wish to punish.

Which confused you.

You wanted your life to be interesting...

NOT A PUNISHMENT.

Or did you?






It was then that you wondered:



Did you —  
on some secret level —  
want to punish  
yourself?





Did you —