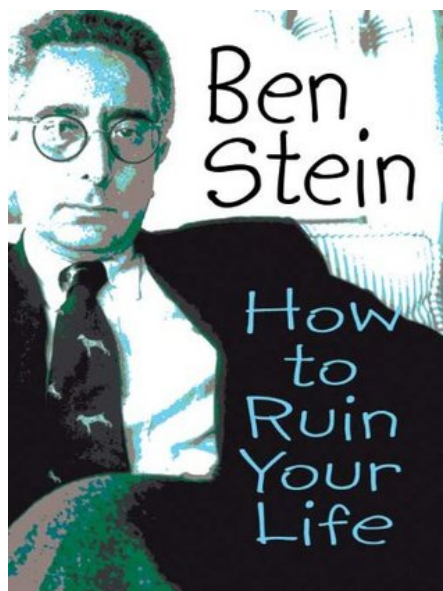




How to Ruin Your Life

Ben Stein

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How to Ruin Your Life Ben Stein

How to Ruin Your Life is a powerful self-help tool in the form of a work of humor. It is sardonic advice, presented in a tongue-in-cheek style, explaining how people can “ruin” their lives. Topics include essays such as “Convince Yourself That You’re The Center of the Universe,” “Think The Worst of Everyone,” and “You Can Change People.”

How to Ruin Your Life Details

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From Reader Review How to Ruin Your Life for online ebook

Jonathan Maas says

This sounds like a snarky book - but if you think about it, it's pretty positive.

Ben Stein, who has been around plenty of people who have ruined their life, gives a guidebook on how to ruin yours.

If you read it, and do the opposite - good things will happen.

Kim Lindsay says

I liked the tongue-in-cheek prose, but I felt like it would have been better as a 50-page book.

Joseph Demakis says

Loved this book

Stephanne Stacey says

So if your a personality that is always really hard on yourself, DON'T READ THIS BOOK! Otherwise it's really a great slap in your face. With 35 ways to ruin your life, you would really have to be a self-centered, delusional, narcissistic person (and I know I'm being repetitive) not to have a few of these hit home. I only gave it 3 stars because I think that there really ought to be a disclaimer on it to warn the weak of heart. I honestly can see someone read this and break into tears because they believe it targeted every weakness they see in themselves. This is not a self-help book for the faint of heart.

That being said, it's also hysterical in the continual jibs (or compliments whichever you believe). I laughed at myself and others that I have seen exhibit more than a few of these steps to failure.

Mickey Reed says

Ben Stein's reverse-psychology self-help book is hysterically spot-on. Taking this from the opposite point of view really makes the reader pay attention and perhaps even see more clearly their own behavior. Very interesting take. I do believe that a bunch of people in my own life need to read this one. Goodness! Exactly how I've been feeling lately.

Paul says

Overall I found it humorous and a decent read.

I think the idea could've been better utilized in an allegory or fable-style fashion with more cautionary tales, rather than a series of sardonic one-liners, but I still found it amusing.

I took one star off at the end due to the knock at vegans & agnostics/atheists. While it's never good form to slam your political, religious, & idealist opinions in a holier-than-thou attitude, I felt Ben was ironically doing this by dogging these viewpoints outright, not just by their possibly offensive behavior.

LA says

This book is such a fun read, particularly if you like Ben Stein's dry humor. If you know his seedy past of drug addiction and how he overcame it, this little book is even more meaningful; you are reading advice from someone who **knows** what it's like to be down. Plus he's adamantly pro-life and conservative, which ordinarily would cause me to hesitate before reading anything he's done for fear of moral damnation. :)

This book would also be a neat little gift for teenagers or young adults heading off to college; just good common sense ideas without any of the moral judgments/condemnations of how things "should" be.

Joe Juarez says

You've been in my house for a long time, why didn't I read you sooner?

And it's a good thing I did. Ben Stein has done himself a great deal by writing a book about how the selfish could get their way (which some people - one I am thinking about now - do).

I know this book is meant as a joke. But really, what person would follow this 35 chapters of self-destruction? I think I answered that question above.

But for anyone that was warned about their selfishness, this book is highly recommended. It makes you think "Boy, am I really like that". It will let him or her open their eyes and enjoy their life as it is right now.

Sure a person might not have or enjoy the finer things of life. You can't wish for a good life by snapping your fingers or praying numerous, numerous times to God (I think he might have heard you the first time). You have to work hard for it. A person's world isn't perfect compared to the other. And if it was, I wouldn't think I be here writing this review.

Marvin says

This is cute. I like Ben Stein's sarcastic humor despite the execrable documentary *Expelled*. Mr. Stein notes 35 tips on how to be a failure, all of them common sense. Yet, as a social worker, I know common sense is not as common as it sounds. Of course, one way to ruin your life (my tip, not Mr. Stein's) is to never read. So the ones who need this book will never read it. Such is life.

Since Mr. Stein's tips are a bit common sense and all-encompassing, I decided to impart my own wisdom

(using Stein's tip: "Consider yourself the source of all knowledge") and give more specific advice on what *not* to do if you wish to be a success in life.

- 1) Never place a swastika tattoo on your forehead.
- 2) Never make bomb jokes in an airport.
- 3) Never say anything anti-cat to my wife.
4. Never ask Ben Stein for science advice.

You're welcome.

Heather-Lin says

An interesting attempt, an anti-self help book. A few times wonderfully funny, the rest was somewhat tedious. Some of the admonitions - excuse me - RECOMMENDATIONS revealed the author's ideological prejudices. That's fine. The real flaw in this book is that it could've been so much better, so much funnier, wry and heartbreaking, had the author thoughtfully looked to incorporate the huge untapped pool of self destructive tendencies out there, rather than zeroing in on his chosen few. Ah well. It's over now, and I can walk away without feeling my mind was poisoned.

Jen Jenson says

This was an obnoxious book. Ok, so I giggled a few times at first but really it was negative. I know it's a plan to ruin your life, and that it is. I figured it would be written slightly different. I was annoyed the whole way through, but it was so short that I just finished it. Sad thing is there are many many people that I know that this book described to a T, and perhaps this book might be beneficial to them a) might give them an eye opener... or b) make them even worse. I don't recommend this book at all! I think I need to go read 101 Power Thoughts, by Louise Hay over another 4 times just to counteract the amount of negative energy that protruded from this awful attempt at a book.

Joshua Woodbury says

This short self help book aims to teach the secret to happiness by demonstrating conduct certain to lead to loneliness, conflict, and unhappiness. I would have lost interest had the book been lengthy, but it is very short, and chapters like convince yourself you are the center of the universe, fight the good fight over everything, and criticize early and often, made it worthwhile.

Shelleen says

After reading the first ten pages, I was ready to give this book 5 stars. It is self-help in reverse. It is how to self-destruct and not be successful. He gives 35 steps to ruin your life. But in the end, I think it boiled down to step number 3 Convince yourself that you are the center of the universe. All his other steps refer to this one and making sure you do not think about anyone else but yourself.

Hope says

I went through a Ben Stein phase where he and I used to email back and forth. He came here to give a speech and I left my copy of "Tommy and Me" he had previously sent me in the car so my sister bought this for me so I'd have something to get signed.

This book is a quick read and it really is good advice, BUT it is all given sarcastically and I tend to not like sarcastic humor, and am finding I don't like sarcastic advice either through this book and also through another one I have going called "A Reasonable Life."

Kristi Willard says

Graduate from high school, don't have children before you're married, and stay married. These are the three keys to staying above the poverty line. Who knew?
