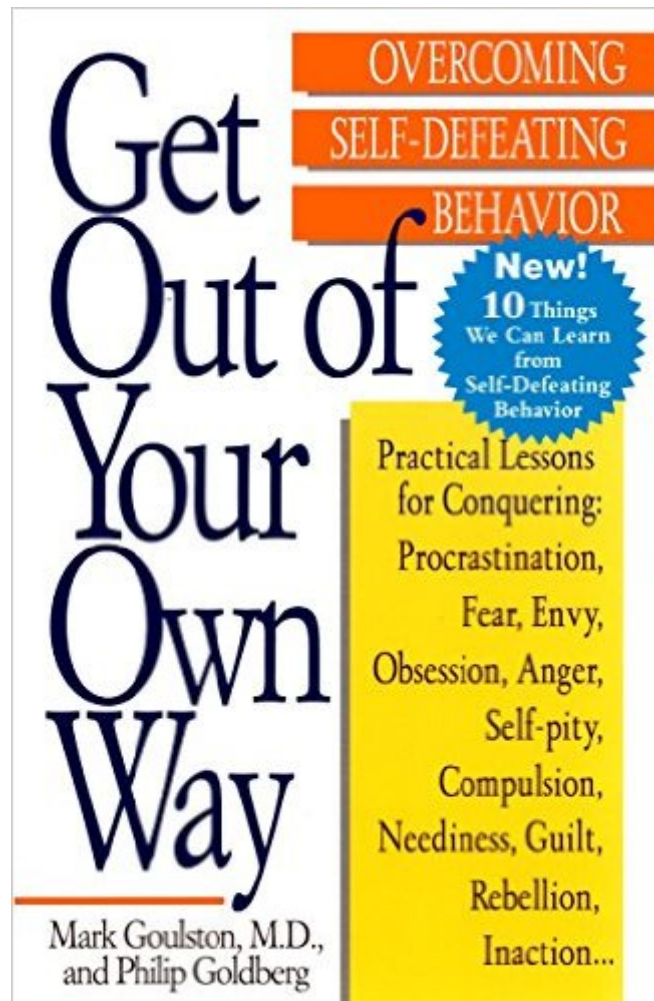


The book was found

Get Out Of Your Own Way: Overcoming Self-Defeating Behavior



Synopsis

Practical, proven self help steps show how to transform 40 common self-defeating behaviors, including procrastination, envy, obsession, anger, self-pity, compulsion, neediness, guilt, rebellion, inaction, and more.

Book Information

Paperback: 175 pages

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Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (196 customer reviews)

Best Sellers Rank: #8,641 in Books (See Top 100 in Books) #19 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP #78 inÂ Books > Self-Help > Self-Esteem #259 inÂ Books > Self-Help > Success

Customer Reviews

Powerful practical insights that can help many to live more rewarding lives. -- Harold Bloomfield, How to Survive the Loss of a LoveProvides clear insight, compassionate understanding and practical solutions. -- Jack Canfield, Coauthor of Chicken Soup for the Soul

Self-defeating behavior is the single most common reason that people seek psychotherapy. It is a poison, preventing us from achieving the love, success and happiness we want in our lives. And what really drives us crazy is feeling we have to change and not knowing how - or knowing how but being unable to stick with change. *Get Out of Your Own Way* is an antidote - it explains why we sabotage ourselves, going back to childhood origins of various behaviors. More important, it offers proven steps of action to transform behavior from self-defeating to life-enhancing. With anecdotes and usable insights drawn from twenty years of psychiatric clinical practice, Dr. Mark Goulston shares ideas that have helped thousands of patients overcome pain, fear, and confusion - to approach life's challenges with dignity, wisdom, courage, and even humor. By encouraging you to reflect upon your behavior - and providing practical steps toward change that you can work into your everyday life - *Get Out of Your Own Way* shows you how to stop being your own worst enemy - and

become your own best friend.

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