

You Are Your Own Worst Enemy: How to Stop Self Sabotaging Behaviors Once and for All! (Paperback)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In this book we are going to be exploring fully about self sabotage. Most do not realize the seriousness of this problem. A vast majority of the problems we are encountering in life actually come from within and not put on by external situations and influences. Because of the nature of how our subconscious mind works, it is able to create events that on the surface look like they come from external situations which is not really the case in a lot of cases. Bad luck, obstacles, illnesses, forgetfulness, procrastination and over a dozen other excuses are things we ourselves cause to sabotage ourselves invisibly. Lack of drive or easily ejecting the first sight of resistance or problems are also manifestations of a messy internal programming and in actuality a form of self sabotage that is not usually recognized and thus fixed. That and more are the very things we are going to be taking care off and permanently fixing in this book. ===== TABLE OF CONTENTS ===== Introduction Self Regrets Guilt Protects Us From Punishment Sense Of Guilt Keeps Us In Control We Were Programmed To Think It s Our Fault Anti-Happiness Programmings Conquer Your Fears! Get To Know Your Fears Basic Fears Fears And Low Self Esteem Fear Of Success Cannot See The Forest For The Trees Myth Of Perfect Timing The Sky Is Falling Thinking Problematic Personality Disorders Passive-Aggressive Personality Self-Defeating Personality Disorder Perfectionism Perfectionisms Is Just Procrastination In Disguise Striving To Be The Best Is A Double-Edged Sword The Vicious Cycle Establish Reasonable Objectives Seek Help Failure Is A Friend Being Overwhelmed Self Limiting Beliefs Divide And Conquer These Bad Beliefs Sense Of Abundance Emotional...



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