

Self-Defeating Behaviors: Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back

Milton R. Cudney, Robert E. Hardy



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"The most detailed examinations of self-defeating behavior I have ever read.... Very useful." — Albert Ellis, PH.D., President, Institute of Rational-emotive therapy, and author of *A New Guide to Rational Living*

"Some of my patients would not need therapy if they would read this book." — Dr. Alan Loy McGinnis, author of *The Power of Optimism*

The groundbreaking theory expounded in *Self-Defeating Behaviors* asserts that, with each new moment, people have the ability to make a choice for either a self-defeating or self-enhancing behavior; this is the guide to freeing ourselves from the inappropriate and crippling behaviors that sabotage our success.



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Mary Johnson:

Playing with family in the park, coming to see the coastal world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try factor that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Self-Defeating Behaviors: Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back, you could enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still don't have it, oh come on its named reading friends.

William Johnson:

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