

## Get Out of Your Own Way: Overcoming Self-Defeating Behavior

Mark Goulston, Philip Goldberg



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# Get Out of Your Own Way: Overcoming Self-Defeating Behavior

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**Get Out of Your Own Way: Overcoming Self-Defeating Behavior** Mark Goulston, Philip Goldberg Practical, proven steps show how to transform 40 common self-defeating behaviors, including procratination, envy, obsession, anger, self-pity, compulsion, neediness, guilt, rebellion, inaction, and more.

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