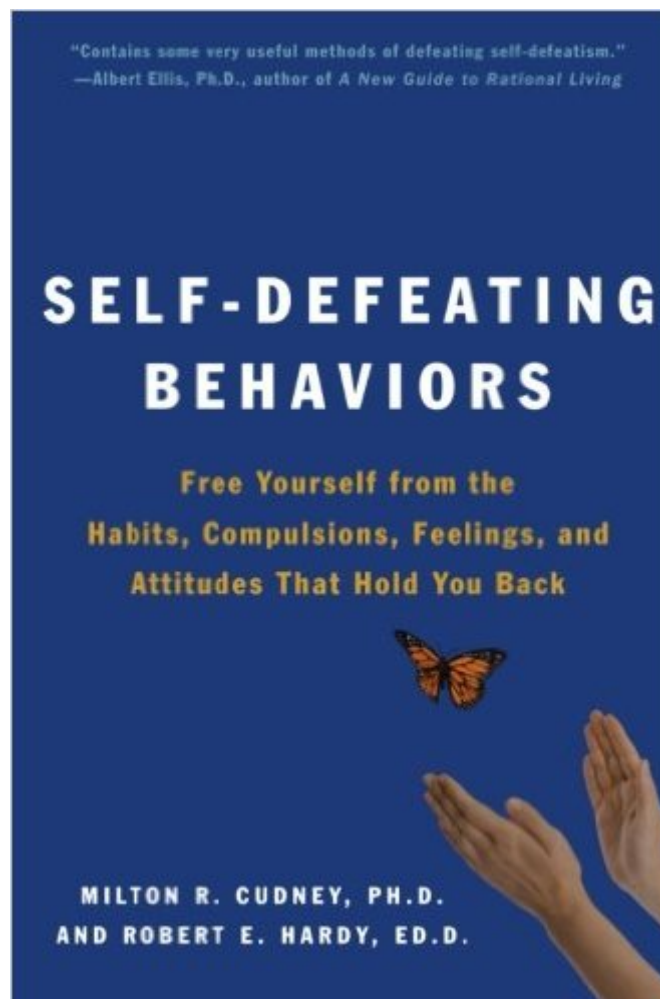


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# Self-Defeating Behaviors: Free Yourself From The Habits, Compulsions, Feelings, And Attitudes That Hold You Back



## Synopsis

“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.

## Book Information

Paperback: 256 pages

Publisher: HarperOne; 1/31/10 edition (March 2, 2010)

Language: English

ISBN-10: 0062501976

ISBN-13: 978-0062501974

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (46 customer reviews)

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## Customer Reviews

What is your life like? Is it a relentless procession of empty days, an endless cycle of meaningless, frustrating work and unrelaxing sleep? Do you repeat the same pattern of joyless days and empty nights ad nauseam? Do you bounce out of bed eager to face another exciting day filled with opportunities for enjoyment, human contact and personal growth? Has the memory of the irrepressible you faded into dust? Has your life become an arduous and repetitive ordeal? Do you keep hurting yourself, and does this recognition keep haunting you, day and night? Are you acting on misguided choices, doing and saying things that virtually guarantee dissatisfaction and unhappiness? If you answered "Yes" (or even "Maybe") to any of those questions, have I got good news for you! The best book I have seen that specifically addresses how we can reclaim our mental, emotional and spiritual power from the traps we ourselves have built and continue to nourish is "Self-Defeating Behaviors" by Cudney and Hardy. On second reading, it is a truly phenomenal work.

I have already purchased and distributed over two dozen copies. It provides a dynamic model of the way we construct, defend and nurture our self-defeating behaviors, while we simultaneously minimize the real pain heaped upon us and the people around us, and abdicate responsibility for the whole thing! We are each of us presented with a continuous stream of new moments of life, in which we exercise choices. Each of these choices can lead either to a self-defeating behavior or to a behavior that affirms and honors life. At certain times, we "learn" (i.e. we make an invalid association) that we can avoid work/pain/criticism or other fear by choosing a certain escapist behaviors or thoughts.

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