

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 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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