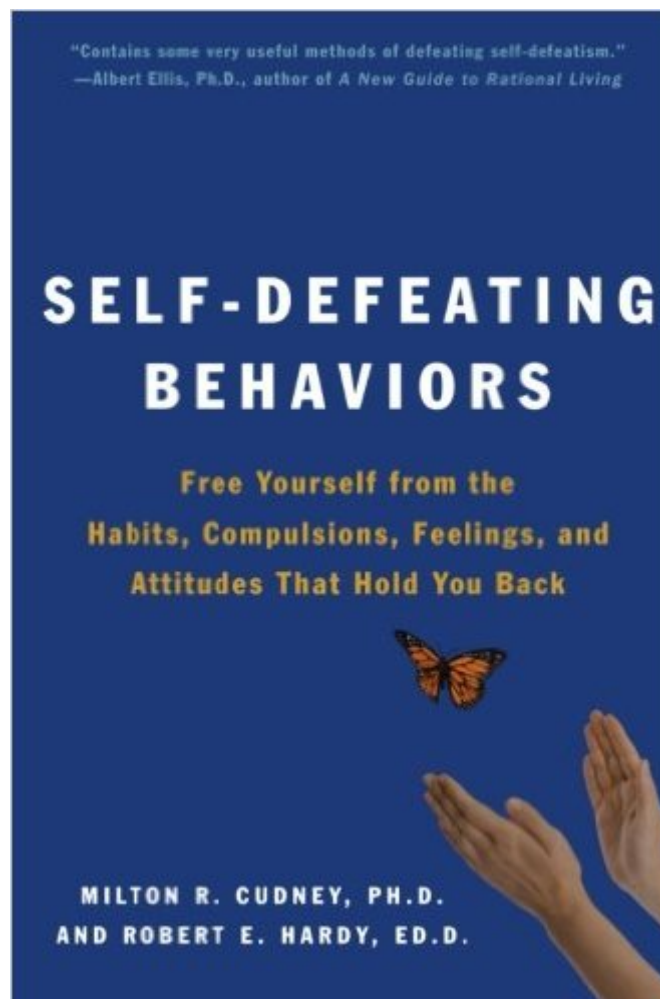


The book was found

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)

Best Sellers Rank: #33,688 in Books (See Top 100 in Books)
#8 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking
#127 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies
#1122 in Books > Self-Help > Personal Transformation

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.

[Download to continue reading...](#)

Self-Defeating Behaviors: Free Yourself from the Habits, Compulsions, Feelings, and Attitudes That Hold You Back
Habits: How to Develop Strong, Positive Habits Into Your Life for Long Lasting Change (Habits, Daily Routines, Exercise Habits, Habit Stacking, Mindset)
The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free
Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6)
Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt)
Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing)
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3)
Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet)
WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1)
Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber
Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre)
The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks)
The Gift of Our Compulsions: A Revolutionary Approach to Self-Acceptance and Healing
Gluten-Free, Wheat-Free, Dairy-Free,

Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Poker: Successful Poker Habits & Best Practices For Consistently Winning Low StakesTournaments & Home Games (Texas Hold'em, Simple Poker Maths, Winning Strategies,Poker Tournaments) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes!

[Dmca](#)