

Get Out of Your Own Way

Overcoming Self-Defeating Behavior

Everybody here has the ability to do anything I do and much beyond. Some of you will and some of you won't. For those who won't, it will be because you "get in your own way", not because the world doesn't allow you.

- Warren Buffett

This is a valuable book. It provides clear insight, compassionate understanding and practical solutions to forty self-defeating behaviors which can destroy your life if left unaddressed. Use it as a manual to free yourself from a self-imposed prison and create the life you truly want.

- Jack Canfield, co-author of Chicken Soup for the Soul

Take the "That's me" or "That's someone I work with" Quiz

(If the behaviors below apply to you or someone you work with, check "Yes"; if they don't, check "No")

	Yes	No
1. Procrastinating	()	()
2. Taking Things Too Personally	()	()
3. Trying to Change Others	()	()
4. Letting Fear Run Your Life	()	()
5. Being Envious of Others	()	()
6. Giving Advice When They Want Something Else	()	()
7. Saying Yes When You Want to Say No	()	()
8. Getting So Angry You Make Things Worse	()	()
9. Playing It Safe	()	()
10. Trying to Take Care of Everybody	()	()

If you checked one or more "yes" answers, then you or someone you work with is getting in your or their own way. Furthermore, since most of us work in teams, if you minimize the negative impact that any of these behaviors have on your reputation, credibility and ultimately your career, you're fooling yourself.

Few things make you feel worse than engaging in a self-defeating behavior and suffering the consequences to your career and life; fortunately, few things make you feel better than stopping and overcoming your self-defeating behavior. What are you waiting for? Get started today.

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