



Your Self-Sabotage Survival Guide

Karen Berg

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Do you feel like everyone around you is getting ahead while you're stuck in the same old rut?

And do you blame everyone and everything for your situation—except yourself?

Many of us walk around engaging in negative behaviors and mindsets, and don't even realize we're doing it. Every day, people work harder and harder to get—nowhere.

It's time to stop being second-rate; it's time to be great! With more than 25 years in the trenches, motivational expert Karen Berg shows you how to transcend the ordinary and become extraordinary with this firm, tough-love program about getting to the point, getting what you want, and getting ahead.

Your Self-Sabotage Survival Guide will help you refocus your energy and get back on track, first by helping you identify the elements of self-sabotage, then by providing sound advice for reinventing yourself and eliminating sabotage from your life.

This essential guide will help you get rid of the “buts,” banish the “if onlys,” and break the cycle of playing it safe. Complete with anecdotes and expert panel interviews, *Your Self-Sabotage Survival Guide* features checklists, worksheets, quizzes, and more to help you finally get the success you deserve—because you earned it.

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Floyd Eichner:

The book Your Self-Sabotage Survival Guide will bring you to the new experience of reading a new book. The author style to spell out the idea is very unique. Should you try to find new book to read, this book very suitable to you. The book Your Self-Sabotage Survival Guide is much recommended to you to read. You can also get the e-book from your official web site, so you can easier to read the book.

Laura Hill:

In this period globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher that print many kinds of book. The actual book that recommended for you is Your Self-Sabotage Survival Guide this book consist a lot of the information in the condition of this world now. This kind of book was represented how does the world has grown up. The terminology styles that writer use for explain it is easy to understand. The writer made some study when he makes this book. That is why this book ideal all of you.

Larhonda Kennedy:

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