



# Why Can't I Change? How to Conquer Your Self-Destructive Patterns

*Shirley Impellizzeri*

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*Shirley Impellizzeri*

**Why Can't I Change? How to Conquer Your Self-Destructive Patterns** Shirley Impellizzeri

This book shows you how to put an end to dysfunctional patterns of behavior by helping you discover what your unconscious patterns are and how to let go of those patterns.

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