



# The Problem is YOU: How to Get Out of Your Own Way and Conquer Self-Defeating Behavior

*John Burke*

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# The Problem is YOU: How to Get Out of Your Own Way and Conquer Self-Defeating Behavior

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**The Problem is YOU: How to Get Out of Your Own Way and Conquer Self-Defeating Behavior** John Burke

**This book won't help you with self-defeating behavior. It's easier to spend your life procrastinating, sabotaging relationships, not finishing tasks, fearing failure and keeping other bad habits than it is to change. *Just stay the way you are.***

This is how the voice of self-defeating behavior works on you. It works against your goals and interests in a way that you never get what you want. Opportunities are missed, your habits continue, your relationships don't flourish, and your life becomes one big regret.

Inside "The Problem is YOU: How to Get Out of Your Own Way and Conquer Self-Defeating Behavior" we reveal exactly what these behaviors are and the steps to conquer each and every one of them. The result? A positive attitude, achieving what you want, and getting more out of life.

***Get this book today and free yourself from all the habits that are holding you back from living the life you truly deserve.***

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