



Get Out of Your Own Way: Overcoming Self-Defeating Behavior

By Mark Goulston, Philip Goldberg

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Practical, proven self help steps show how to transform 40 common self-defeating behaviors, including procrastination, envy, obsession, anger, self-pity, compulsion, neediness, guilt, rebellion, inaction, and more.

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Editorial Review

Review

Powerful practical insights that can help many to live more rewarding lives. -- *Harold Bloomfield, How to Survive the Loss of a Love*

Provides clear insight, compassionate understanding and practical solutions. -- *Jack Canfield, Coauthor of Chicken Soup for the Soul*

From the Back Cover

Self-defeating behavior is the single most common reason that people seek psychotherapy. It is a poison, preventing us from achieving the love, success and happiness we want in our lives. And what really drives us crazy is feeling we have to change and not knowing how - or knowing how but being unable to stick with change. *Get Out of Your Own Way* is an antidote - it explains why we sabotage ourselves, going back to childhood origins of various behaviors. More important, it offers proven steps of action to transform behavior from self-defeating to life-enhancing. With anecdotes and usable insights drawn from twenty years of psychiatric clinical practice, Dr. Mark Goulston shares ideas that have helped thousands of patients overcome pain, fear, and confusion - to approach life's challenges with dignity, wisdom, courage, and even humor. By encouraging you to reflect upon your behavior - and providing practical steps toward change that you can work into your everyday life - *Get Out of Your Own Way* shows you how to stop being your own worst enemy - and become your own best friend.

About the Author

Mark Goulston, M.D., is a corporate consultant who works with executives, managers, and line workers to help them get out of their own way so they can realize the success that their skills, talents, and abilities deserve. His clients include Goldman Sachs, Merrill Lynch, GE, White & Case, Eli Lilly and Company, Disney, Kodak, and the FBI. He writes "The Leading Edge" column for Fast Company. He was selected as one of America's Top Psychiatrists for 2004-2005 by the Consumers' Research Council of America. Dr. Goulston is the author of **Get Out of Your Own Way** and **Six Secrets of a Lasting Relationship**. Philip Goldberg, a novelist and screenwriter, has authored or coauthored sixteen books.

Users Review

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Robert Arnett:

As people who live in often the modest era should be revise about what going on or facts even knowledge to make these individuals keep up with the era that is certainly always change and advance. Some of you maybe may update themselves by reading through books. It is a good choice for you personally but the problems coming to an individual is you don't know which you should start with. This *Get Out of Your Own Way: Overcoming Self-Defeating Behavior* is our recommendation to make you keep up with the world. Why, since this book serves what you want and wish in this era.

John Warner:

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Martha Howell:

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Michael Wheeler:

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