



# How to Get Out of Your Own Way: A Step-by-Step Guide for Identifying and Achieving Your Goals

*Daniel G. Amen*

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Daniel G. Amen

Tired of losing... and suspecting YOU are your own worst enemy? This is what you've been looking for! This book is full of expert, pragmatic advice for unraveling and breaking through self-defeating behavior. It uses a combination of interactive questionnaires and exercises to help you turn around your career, your relationships, and even your very own personality. This book shows you 27 self-sabotaging characteristics, how your family background effects your career, how to escape negative patterns of the past, how to form positive personal and business relationships, the 9 rules for defining success, and the importance of "imagineering."



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