



# Your Self-Sabotage Survival Guide

*Karen Berg*

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## Your Self-Sabotage Survival Guide Karen Berg

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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