
Breaking the Cycle of Self-Sabotage: How to Overcome the “Golden Larva Syndrome”



By Manfred F. R. Kets de Vries | INSEAD

A roadmap for identifying and overcoming the self-defeating habits that hold you back.

Stephen’s career seemed to be on an upward trajectory when he landed a job at an elite financial services firm. However, after some initial victories, he began making poor decisions and jeopardising his own success. Fear of the unknown and negative thought patterns eventually led to a cycle of self-sabotage and underachievement.

People like Stephen exhibit classic “golden larva” traits; they possess the promise of a bright future but ultimately hinder their ability to thrive. A self-sabotaging individual is comparable to a caterpillar that never fulfills its potential and fails to transform into a butterfly.

One of the main reasons people like Stephen get stuck in life is an irrational fear of failure. Such individuals typically avoid taking risks or attempting anything if there is a possibility of falling short. This fear is often rooted in

Selfsabotage Syndrome

Dr Claire Ashley



Selfsabotage Syndrome:

Self-Sabotage Syndrome Janet G. Woititz, 2010-06-01 Adult Children are among any company's most productive and valuable employees: dedicated, conscientious, capable and eager to please. But if you are an Adult Child and have answered yes to most of the following questions, you may be suffering from workaholic burnout or other work-related problems. This book shows you what to look for and how to make your worklife more satisfying and effective. Do you feel overwhelmed by your job? Are you so stressed on the job that you have headaches or stomach aches and can't sleep at night? Do you spend much of your time thinking and talking about your job? Do you feel responsible for everything that goes wrong at work? Are you loyal to your boss and co-workers even when they don't deserve it? Do you work well under pressure but have trouble completing long-term projects?

Self-Sabotage: the Art of Screwing Up Rosa Livingstone CHt., 2016-09-12 Each of us has an inner critic judging our every action and instructing us on how to live our lives. It's in the shadows below the level of our conscious awareness. Self-sabotage is something everyone does. And many blindly wonder why they are stuck, feeling alone, defeated, frustrated, and angry. In *Self Sabotage: The Art of Screwing Up*, author Rosa Livingstone enlightens you about what self-sabotage is, how we do it to ourselves, where it appears in our lives, when we do it, and most importantly, why we do it in the first place. Using examples from her personal journey and from stories of her hypnotherapy clients, she offers simple tools and ideas on how to shift from being self-critical to self-accepting. Livingstone shows you how to face your self-defeating thoughts and habits, take responsibility for them, and stop the cycle of self-abuse and sabotage. *Self Sabotage: The Art of Screwing Up* offers the resources for overcoming fear and gaining the courage to move toward living the life you want, using all that is inherently amazing within you.

Unfuck Your Business Joe Biel, Dr. Faith G. Harper, 2023-05-23 How do you start and run a successful business despite the odds? This unique guide to entrepreneurship teaches you practical math and management skills alongside the emotional intelligence, self-awareness, and coping skills that you need in order to overcome internal barriers to success, no matter what type of business you are in. Joe Biel, author of *A People's Guide to Publishing*, draws on 26 years of business ownership and management experience to walk you through how to think like a business owner, plan, strategize, manage budgets, scale up, and keep your focus on what's most important. Dr. Faith Harper, author of the bestselling *Unfuck Your Brain*, provides vital skills that aren't often lauded in business books, such as overcoming imposter syndrome and other fears, communicating your boundaries, building mutually beneficial relationships, and preventing your emotional baggage from becoming your biggest business pitfall. If you've ever dreamed of starting a small business or if you currently run a business and want to strengthen it for long-term success, this practical guide cuts through the jargon and teaches you the skills you need to enjoy facing the challenges and surprises every day in business brings.

Self-Imposed Obstacles to Success Pasquale De Marco, 2025-05-12 Are you tired of setting goals and making plans only to find yourself procrastinating, avoiding challenges, and ultimately failing to achieve your dreams? If so, you may be suffering from success anorexia. Success

anorexia is a self imposed mental block that prevents us from achieving our full potential It is a condition that affects millions of people regardless of their age gender or background It is a silent epidemic that robs us of our dreams and keeps us from living the lives we were meant to live In *Self Imposed Obstacles to Success* Pasquale De Marco reveals the secrets to overcoming success anorexia Drawing on the latest research and real life case studies Pasquale De Marco provides a comprehensive understanding of this condition and its causes *Self Imposed Obstacles to Success* is not just another self help book It is a practical guide that provides you with the tools and strategies you need to break free from the grip of success anorexia and unlock your true potential In this book you will learn The symptoms of success anorexia The causes of success anorexia The consequences of success anorexia How to overcome success anorexia *Self Imposed Obstacles to Success* is a must read for anyone who wants to achieve their dreams and live a fulfilling life If you are ready to break free from the shackles of success anorexia then this book is for you Endorsements A groundbreaking book that provides a much needed understanding of success anorexia Pasquale De Marco offers a clear and compassionate guide to overcoming this condition and achieving your full potential Dr Jane Smith author of *The Success Mindset* An essential read for anyone who has ever struggled to achieve their goals Pasquale De Marco provides practical and effective strategies for overcoming success anorexia and living a more fulfilling life John Doe CEO of XYZ Corporation A powerful and transformative book that will help you to overcome your fears and achieve your dreams Pasquale De Marco provides a roadmap for success that is both inspiring and actionable Mary Jones entrepreneur and author of *The Art of Self Mastery* If you like this book write a review on google books

PSYCHOLOGICAL SUPPORT BY COGNITIVE BEHAVIORAL THERAPY FOR HYPER-IGM SYNDROME Edenilson Brandl, In recent years the understanding of genetic disorders has advanced significantly shedding light on the intricate interplay between our genetic makeup and psychological well being Among these conditions Hyper IgM Syndrome stands out not only for its genetic complexities but also for the profound psychological challenges it poses to those affected and their families This book aims to bridge the gap between genetic knowledge and psychological support providing a comprehensive resource for individuals navigating the multifaceted journey of living with Hyper IgM Syndrome Hyper IgM Syndrome is characterized by an inability to produce adequate immunoglobulin G IgG resulting in increased susceptibility to infections and a host of other health issues However the impact of this syndrome extends far beyond the physical realm The emotional and psychological toll it takes can lead to feelings of isolation anxiety depression and trauma Recognizing this I have dedicated this work to exploring how Cognitive Behavioral Therapy CBT can serve as an effective therapeutic approach to address these emotional challenges The structure of this book is designed to guide readers through various dimensions of Hyper IgM Syndrome beginning with a foundational understanding of the condition itself From trauma and genetic concepts to the principles of CBT each chapter builds upon the last creating a comprehensive framework for understanding and addressing both the biological and psychological aspects of the syndrome Throughout this book you will find practical tools

and strategies rooted in CBT that can empower individuals to manage their symptoms navigate the complexities of their health journey and foster resilience Whether you are a patient a caregiver a healthcare professional or someone simply seeking to understand Hyper IgM Syndrome better this book is intended to provide valuable insights and actionable strategies I would like to express my gratitude to the individuals and families who have shared their stories insights and experiences with me Your courage in facing the challenges of Hyper IgM Syndrome has inspired this work and underscored the importance of a holistic approach to health that encompasses both mind and body As you embark on this journey through the pages of this book I encourage you to engage with the material actively Whether through self reflection journaling or applying the techniques discussed I hope you find empowerment and support as you navigate the complexities of Hyper IgM Syndrome and embrace the possibilities of psychological healing Thank you for joining me on this journey toward understanding and support

Broken Brain Syndrome Charles L. Dickens, MD, 2009-02-23 the beginning of written history people have wondered why they do things they do not want to do especially when those things are not beneficial and in some instances detrimental Broken Brain Syndrome explains the why of and the how to in correcting this human inconsistency that leads to dysfunctional behavior This phenomenon has existed since Adam and Eve and has continued to plague mankind Many books have been published to mitigate life s difficulties Even before pop psychology and the New Age spiritual movement such as John Bradshaw and Marianne Williamson respectively the Torah New Testament Eastern philosophies the Koran and other teachings all aim at improving one s life Yet the vast majority of people in societies of the world have not been able to find long term peace serenity love and success This is so because of their inability to understand the dysfunctional dynamic taking place within their own heads causing dysfunctional lives Broken Brain Syndrome addresses finally the underlying cause of the dysfunction Broken Brain Syndrome provides people with the basic understanding of the real problem of what is fundamentally wrong with them so that the teachings of the New Age and those of the past can now make sense and bring about a successful life

Self-Sabotage: How to Minimize Self-Destructiveness and Its Negative Impact on Others Michael Church, Charles Brooks, 2021-12-22 This book is designed to help readers increase both the quality and quantity of their lives Particular attention is paid to the fact that we cannot separate our physical and psychological health which are interconnected in significant and complex ways Each inevitably affects the other both positively and negatively Because negative effects of preventable health problems take place so insidiously we may not be aware of how deleterious they are until decades after making unhealthy decisions The reader will be guided through increased understanding of how this interrelationship affects our health and how we can increase our power to emphasize positive physical and psychological impacts and minimize or prevent negative ones Additionally we discuss self help and professional treatment methods for remediation of health problems and how our health problems necessarily impact directly and or indirectly those in our family work environment and community along with how we can help guide ourselves and others to a

healthier and longer life **The Burnout Doctor** Dr Claire Ashley,2025-01-30 A must have guide Dr Hazel Wallace founder of The Food Medic Learn how to thrive at work while protecting your health If you find yourself feeling increasingly overwhelmed you re not alone Recent research shows that one in five of us have taken time off work due to stress and burnout over the last year Many of us are struggling to cope and don t know what to do next but there is a way through Dr Claire Ashley is a GP and neuroscientist who has first hand experience of burnout and recovery She s here to help you feel like yourself again offering all the compassion and practical advice you need Take the quiz to find out your burnout level identify what workplace and personality factors can be affecting you and start your six step recovery plan so you can begin to feel better The Burnout Doctor is the ultimate guide you need for spotting preventing and recovering from burnout for good

UNBREAKABLE MINDSET L. S. Winsen,2025-07-08 Success is not a matter of chance or talent it is built on the strength of your mindset Unbreakable Mindset offers a science backed action driven guide to developing elite mental resilience Through insights from neuroscience performance psychology and real world strategies this book will help you Strengthen emotional control under pressure Replace self doubt with consistent disciplined action Train your brain to thrive in high stakes environments Create daily systems that support long term excellence Build a personal and professional legacy grounded in impact Inside you will find practical drills self assessment tools and a full 30 day mindset challenge designed to turn powerful ideas into lasting behavior This is not simply a book to read it is a manual to apply Readers who are committed to growth transformation and courageous leadership will find a blueprint for life long performance inside these pages

The Childhood Trauma Recovery Workbook for Adults Norman J. Fried,Nathan Spiteri,2024-03-19 Overcome the psychological and physiological effects of childhood trauma with this easy to use workbook of CBT and DBT based exercises and techniques The ideal upbringing for any child prioritizes unconditional love and protection above all else To these healthy children our world is a fair place full of benevolence and wonder However for those who were raised in unhealthy environments or forced into damaging situations this belief may have been warped or shattered entirely leading to the adoption of a negative worldview that has stayed with them all their lives As adults it can be difficult to heal from this trauma It is not however impossible The Childhood Trauma Recovery Workbook for Adults is an accessible guide to clinical and effective healing Based on the principles of cognitive behavioral therapy CBT and dialectical behavioral therapy DBT this workbook contains strategies techniques and exercises to help you overcome and recover from Depression and anxiety Shame and self loathing Grooming and trauma bonding Toxic masculinity Impostor syndrome Self sabotaging behaviors And more Written in collaboration by a seasoned mental health professional and a childhood trauma survivor The Childhood Trauma Recovery Workbook for Adults is an invaluable resource for adult trauma survivors looking to understand their pain and discover inner peace **Self-Confidence for Actors** Alexa Ispas,2023-01-27 Want to show up to auditions and acting jobs brimming with confidence If you are tired of battling your inner demons psychology can help Life as an actor brings out

a lot of insecurities Every time you go to an audition begin rehearsals or give a performance the most personal things about yourself your physicality personality and mannerisms are put on display and critically evaluated Given this ever present scrutiny your self confidence can suffer affecting your ability to perform High pressure situations such as an important audition a table read or opening night are often where your self confidence may falter resulting in missed opportunities regrets and sometimes marking the onset of chronic stage fright If this sounds familiar psychology can help For several decades psychologists have studied the problems associated with low self confidence and developed a range of simple yet powerful techniques to overcome such barriers Self Confidence for Actors explains in clear and jargon free language how to apply these psychological tools to your craft Read this book and discover How to overcome stage fright How to disarm your inner critic How to conquer imposter syndrome How to radiate confidence while under pressure How to prevent nerves from sabotaging your performance How to connect with your boldest self when it matters most Practical tools you can use straight away Short enough to read in an afternoon yet jam packed with practical advice Self Confidence for Actors will help you calm your nerves and perform at your best Alexa Ispas holds a PhD in psychology from the University of Edinburgh The books in her Psychology for Actors Series provide actors with proven psychology techniques to thrive and build a successful career

Clinician's Handbook for Obsessive Compulsive Disorder Kieron O'Connor, Frederick Aardema, 2011-12-12 This book is the first to bring together new research to offer a hands on clinical guide to treating people with all types of obsessive compulsive disorder OCD using an inference based therapy IBT Provides clinical examples from the full range of OCD subtypes Coverage integrates theory and application Describes case management in detail from initial assessment to terminating therapy and follow up Shows how IBT can also be generalized and applied to other serious psychiatric disorders

The Memory's Tune Pasquale De Marco, In *The Memory's Tune* a captivating anthology of reflections renowned individuals from diverse walks of life share their innermost thoughts on life legacy and the profound impact of their experiences Through their poignant narratives they invite us on a journey of introspection and self discovery With eloquence and candor these luminaries delve into the depths of the human condition exploring themes of love loss success failure change and transformation Their words like musical notes resonate with universal truths striking a chord in our own hearts and minds From the triumphs and tribulations of political leaders to the creative struggles and breakthroughs of artists from the unwavering determination of athletes to the visionary insights of entrepreneurs each chapter in this book is a testament to the indomitable spirit that resides within us all *The Memory's Tune* is a celebration of life's rich tapestry a reminder that our time on this earth is a precious gift It challenges us to embrace the beauty and challenges that come our way to live each day with intention and to leave behind a legacy that will continue to inspire generations to come With its poignant reflections and thought provoking insights this book is a must read for anyone seeking a deeper understanding of the human experience It is an invitation to reflect on our own life's journey to find solace in the shared experiences of others and to create a legacy

that will resonate through time In The Memory s Tune you will find a symphony of voices each offering a unique melody that blends together to form a powerful and moving testament to the human spirit Let their stories touch your heart inspire your soul and guide you on your own path to fulfillment and purpose If you like this book write a review **Assert Yourself!**

Harnessing the Power of Assertiveness in Your Career Rae A. Stonehouse,2023-07-19 Introducing Assert Yourself Harnessing the Power of Assertiveness in Your Career by Rae A Stonehouse Are you ready to take charge of your career and build strong fulfilling relationships Look no further than Assert Yourself Harnessing the Power of Assertiveness in Your Career by author Rae A Stonehouse This transformative book empowers you with the tools and techniques of responsible assertive behavior helping you enhance your interpersonal skills and gain the respect you deserve Respect lies at the heart of assertiveness and this training program focuses on two essential parts respecting yourself and honoring the needs and rights of others By mastering assertiveness you can establish meaningful connections protect yourself from being taken advantage of and make confident decisions that align with your values In Assert Yourself Stonehouse shares his personal journey of discovering the power of assertiveness and how it transformed his career Drawing from his extensive experience as a mental health nurse therapist and author of self help books he offers practical exercises and insights to help you develop and strengthen your assertiveness skills Through responsible assertive behavior you ll learn how to engage in direct honest communication while maintaining mutual respect This approach creates a foundation for fair play equal exchange and effective conflict resolution Worried about hurting others feelings Stonehouse reassures you that responsible assertiveness reduces this risk and encourages you to focus on your own needs and rights while still maintaining compassion for others In Assert Yourself Stonehouse guides you on a journey of self discovery enhanced communication and fulfilling relationships Each chapter builds on the previous ones providing a comprehensive understanding of assertiveness Practical exercises throughout the book let you apply what you ve learned and incrementally build your self confidence Discover the benefits of assertiveness in the business world in Chapter 1 where Stonehouse explores effective communication the distinction between assertiveness aggression and passivity and the significance of assertive communication in achieving business goals Gain insights into building strong relationships enhancing decision making resolving conflicts strengthening leadership skills and excelling in negotiations In later chapters Stonehouse delves deeper into various parts of assertiveness providing valuable guidance on applying assertive skills in different scenarios whether in the workplace or personal life Learn how to navigate the challenges of teamwork conflict resolution and decision making and unleash your full potential in your professional and personal endeavors Assert Yourself Harnessing the Power of Assertiveness in Your Career is your key to unlocking personal growth and enriched relationships Embrace your true self appreciate your strengths and weaknesses and cultivate a deep sense of self liking and comfort Invest in yourself and watch as your newfound assertiveness transforms every part of your life Join Rae A Stonehouse on this empowering journey of self discovery enhanced communication and fulfilling relationships

Grab your copy of *Assert Yourself Harnessing the Power of Assertiveness in Your Career* today and take the first step toward personal and professional empowerment *The Art of Falling Upward* Azhar ul Haque Sario, 2024-12-16 Ever tripped over your own feet and landed face first in success This book dives deep into the surprising power of failure We explore why mistakes are actually secret ingredients to breakthroughs Learn how history's biggest flops often paved the way for incredible triumphs Discover the hidden benefits of setbacks and how they can fuel resilience and growth This isn't your typical self help book We go beyond the usual fail fast mantras Uncover the psychology and ethics of failure revealing how it shapes not just our careers but our character Explore how to fail with grace and extract wisdom from every stumble This book provides a unique roadmap to navigate setbacks transforming them into stepping stones **PSYCHOLOGICAL**

SUPPORT BY COGNITIVE BEHAVIORAL THERAPY FOR NOONAN SYNDROME Edenilson Brandl, Noonan syndrome is a complex genetic disorder that presents a unique set of challenges for individuals and their families Characterized by distinctive physical features heart defects and varying degrees of developmental delays Noonan syndrome affects not only the physical health of those diagnosed but also their emotional and psychological well being In recent years there has been a growing recognition of the importance of addressing the psychological aspects of living with genetic conditions This book aims to provide a comprehensive guide for harnessing the power of cognitive behavioral therapy CBT as a tool for psychological support in individuals with Noonan syndrome As a psychologist with a deep interest in genetics and mental health I have witnessed firsthand the struggles faced by patients and their families The emotional toll of dealing with a lifelong condition can be profound affecting self esteem social interactions and overall quality of life The journey through diagnosis treatment and management of Noonan syndrome can be fraught with uncertainty and anxiety which is why psychological support is essential Cognitive behavioral therapy offers evidence based strategies to help individuals identify and challenge negative thought patterns develop coping mechanisms and foster resilience By focusing on the interplay between thoughts emotions and behaviors CBT empowers individuals to take control of their mental health promoting a sense of agency in navigating their genetic journey This book presents a wealth of information about Noonan syndrome and its psychological implications alongside practical CBT techniques that can be tailored to meet the unique needs of each individual Throughout the chapters readers will find a blend of foundational knowledge about genetics and hereditary diseases in depth discussions on cognitive behavioral therapy principles and practical tools to manage the psychological challenges associated with Noonan syndrome Whether you are a patient a family member a healthcare provider or a mental health professional this book aims to be a valuable resource for understanding and supporting those affected by this condition I encourage readers to approach this material with an open mind and a willingness to explore new perspectives The journey toward psychological well being is deeply personal and I hope that the insights and strategies shared in this book will foster a greater understanding of Noonan syndrome and inspire a path to healing and empowerment *School Leaders*

Matter Helen Kelly, 2023-02-28 This book outlines practical steps that both government and schools can implement to significantly reduce the demands placed upon school leaders. It also provides highly effective tools and strategies to enable school leaders to reflect upon and improve their own wellbeing. Packed full of research-led approaches, this book examines school leader burnout: what causes it, how to recognise it, and how to prevent it. Reflects on why school leaders fail to prioritise their own needs and how this can be addressed. Provides a comprehensive framework for schools to support leader thriving and resilience. Shares effective evidence-based coping strategies for leaders. This is a must-read book for all school leaders and those looking to support and improve school leader wellbeing. [You Are The Real Deal!](#) Sandra Smith, 2025-02-24 Have you ever felt like you don't truly deserve your success? That at any moment someone will figure out you're not as capable as they think? If so, you're not alone. Impostor syndrome is the persistent nagging belief that your achievements don't really count, that you just got lucky, that others are more qualified, or that you're somehow not enough. It's the fear that no matter how much you accomplish, you'll never truly belong. And here's the worst part: it's holding you back from fully stepping into your potential. But here's the truth: You are more than capable. You've earned your success. You are the real deal. In *You Are the Real Deal*, this relatable, research-backed guide dives deep into why impostor syndrome happens, how it shapes your thoughts and actions, and most importantly, how to break free from it for good. Whether you're a high achiever, a creative, an entrepreneur, or someone simply tired of feeling not good enough, this book will give you the clarity, tools, and confidence to own your worth and move forward without fear. Inside This Book You'll Learn: The Five Types of Impostor Syndrome: Perfectionist, Soloist, Expert. Learn which type affects you most and how to break its grip. Where Self-Doubt Comes From: Family pressures, childhood experiences, societal expectations. Understand how impostor syndrome is wired into your thinking and how to rewrite your inner story. Why Hard Work Alone Won't Silence Self-Doubt: Many impostors try to earn their confidence by working harder. The problem? More work doesn't fix the feeling of not being enough. Discover smarter ways to break the cycle. The Science Behind Self-Doubt and Confidence: Learn how your brain tricks you into feeling like a fraud and how to rewire your mindset to see yourself more accurately. How to Stop Downplaying Your Success: Ever dismissed a compliment with "Oh, it was nothing"? Learn how to own your achievements without guilt or discomfort. Why Social Media Makes It Worse and What to Do About It: If scrolling makes you feel like you're falling behind, learn how to stop unhealthy comparison and reclaim your confidence. Confidence is Not a Personality Trait: It's a Skill. Discover daily habits and mindset shifts to build lasting self-belief, no matter your personality type. Practical Strategies That Actually Work: From reframing negative thoughts to breaking perfectionism patterns, these tools will help you transform impostor syndrome into authentic self-confidence. Who Is This Book For? If you've ever felt like you don't belong in rooms where you've worked hard to be, this book is for you. If you overwork yourself trying to prove your worth but still feel like you're not enough, this book is for you. If you want to stop second-guessing yourself, take up space, and finally own your success, this book is for you. You don't

need to be fixed you just need to see yourself clearly The only thing standing between you and a deep unshakable confidence is a shift in mindset It s time to stop feeling like a fraud and start embracing the truth You are the real deal Ready to break free from impostor syndrome ADD TO CART NOW and start your journey toward owning your success today *Soothing Serenity: A Journey Towards Inner Peace and Joy* Pasquale De Marco,2025-07-10 *Soothing Serenity A Journey Towards Inner Peace and Joy* is an essential guide for navigating the complexities of modern life with grace and resilience This transformative book offers a comprehensive approach to cultivating inner peace finding joy in the everyday and overcoming challenges with a positive mindset Within these pages you will discover the art of embracing serenity amidst life s inevitable chaos Learn to let go of negative thoughts and patterns cultivate a positive mindset and practice the transformative power of mindfulness and meditation Discover the simple joys that life has to offer nurture gratitude and appreciation and embrace playfulness and humor as essential elements of a fulfilling life This book will accompany you as you navigate life s inevitable ups and downs providing resilience in the face of adversity and helping you learn from life s obstacles Embrace change and uncertainty with an open heart find strength in vulnerability and maintain a positive outlook even in the face of challenges Nurturing your inner strength is a cornerstone of this transformative journey Cultivate self confidence overcome self doubt and develop a growth mindset that embraces challenges and risks Believe in your own ability recognize your unique gifts and tap into the limitless potential that lies within you Achieve harmony and balance in all aspects of your life Learn to integrate work and personal life seamlessly create a peaceful home environment and maintain healthy relationships Set boundaries prioritize self care and find moments of solitude and reflection to recharge and rejuvenate your spirit Throughout this journey you will discover the profound healing power of nature Engage in outdoor activities practice eco consciousness and find solace in the beauty of the natural world Connect with the earth s energy allowing it to soothe your soul and inspire a sense of awe and wonder *Soothing Serenity* is more than just a book it s an invitation to embark on a transformative journey towards inner peace joy and fulfillment With its insightful guidance and practical exercises this book will help you create a life that is truly serene joyful and deeply fulfilling If you like this book write a review **Miracles within** , By knowing that you have access to the Higher Power from within yourself and learning how to use it properly you will be able to see and create many miracles in your life beyond your belief and imagination They will only happen when you are ready and trusting just be open and detached from the outcome This is a powerful system that if practiced properly will give you what you desire from health to wealth and beyond

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Selfsabotage Syndrome Introduction

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