

SECRETS

YOU KEEP FROM

YOURSELF

HOW TO STOP SABOTAGING YOUR HAPPINESS

Procrastinating • Wishful thinking • Emotional eating • Getting distracted • Feeling undeserving • Impulse buying • Pursuing short-term gain despite long-term pain problems you need to face • or frustrating relationships in "survival mode" •



• Ignoring or minimizing
Struggling in disappointing
• Feeling overwhelmed or
Fearing success • Having too much to do but taking on more • Rarely enjoying present moments • Sacrificing your values and longings • Dwelling on regrets or resentments • Denying yourself victory or pleasure • Feeling uncertain whether to trust your own judgment

DAN NEUHARTH, Ph.D.

AUTHOR OF THE NATIONAL BESTSELLER *IF YOU HAD CONTROLLING PARENTS*

Secrets You Keep From Yourself How To Stop Sabotaging Your Happiness

Ying Liu



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