



Your Own Worst Enemy

Ken Christian

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Do you suffer from any of the following?

- Procrastination
- Wide swings of mood and self-esteem
- Ambivalence in making decisions
- Dreaming big, but never following through

If you or someone you love isn't living up to his or her potential -- and suffers from even one or two of the above feelings -- here is a program that can help. *Your Own Worst Enemy* is the first book devoted to the problem of adult underachievement, a problem stemming from common behavior patterns that can manifest itself in almost every walk of life -- from twentysomethings stuck in dead-end jobs to outwardly successful businesspeople who can't help feeling they've missed their true calling.

In *Your Own Worst Enemy*, Dr. Kenneth Christian details the telltale signs of what he calls *self-limiting behavior* -- everyday habits that can seem harmless (like taking unchallenging jobs) or even worthwhile (like setting absurdly high standards), but that over time can send high-potential people into a tailspin of dead ends and frustration. He identifies underachieving types, from charmers, who substitute congeniality for effort, to extreme risk-takers, who casually gamble their future away, to best-or-nothings, who refuse to play if they can't win. And he offers practical 15-step guide to help underachievers shake off their old habits and start taking an active hand in their own future.

Filled with persuasive case studies and useful advice on everything from overhauling workspace to remaking self-image, *Your Own Worst Enemy* will help underachievers everywhere visualize their goals, break through their barriers, and start realizing their unlimited potential.

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Mike Hendrix:

As people who live in the actual modest era should be upgrade about what going on or details even knowledge to make these individuals keep up with the era that is certainly always change and make progress. Some of you maybe will probably update themselves by studying books. It is a good choice in your case but the problems coming to you actually is you don't know what kind you should start with. This Your Own Worst Enemy is our recommendation so you keep up with the world. Why, as this book serves what you want and wish in this era.

Mark Blanding:

Hey guys, do you wants to finds a new book to study? May be the book with the title Your Own Worst Enemy suitable to you? The book was written by renowned writer in this era. Often the book untitled Your Own Worst Enemy is the main one of several books that will everyone read now. This particular book was inspired many men and women in the world. When you read this guide you will enter the new dimensions that you ever know previous to. The author explained their strategy in the simple way, so all of people can easily to understand the core of this reserve. This book will give you a large amount of information about this world now. To help you to see the represented of the world in this book.

Howard Benedict:

Spent a free time to be fun activity to complete! A lot of people spent their spare time with their family, or their very own friends. Usually they doing activity like watching television, likely to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Might be reading a book could be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the e-book untitled Your Own Worst Enemy can be good book to read. May be it is usually best activity to you.

Rose Buck:

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