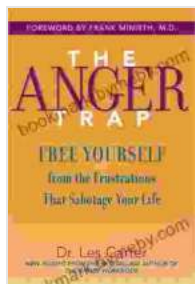


Break Free: A Journey to Liberate Yourself from Self-Sabotage



The Anger Trap: Free Yourself from the Frustrations that Sabotage Your Life by Les Carter

★★★★☆ 4.7 out of 5

Language : English

File size : 1994 KB

Text-to-Speech: Enabled

Word Wise : Enabled

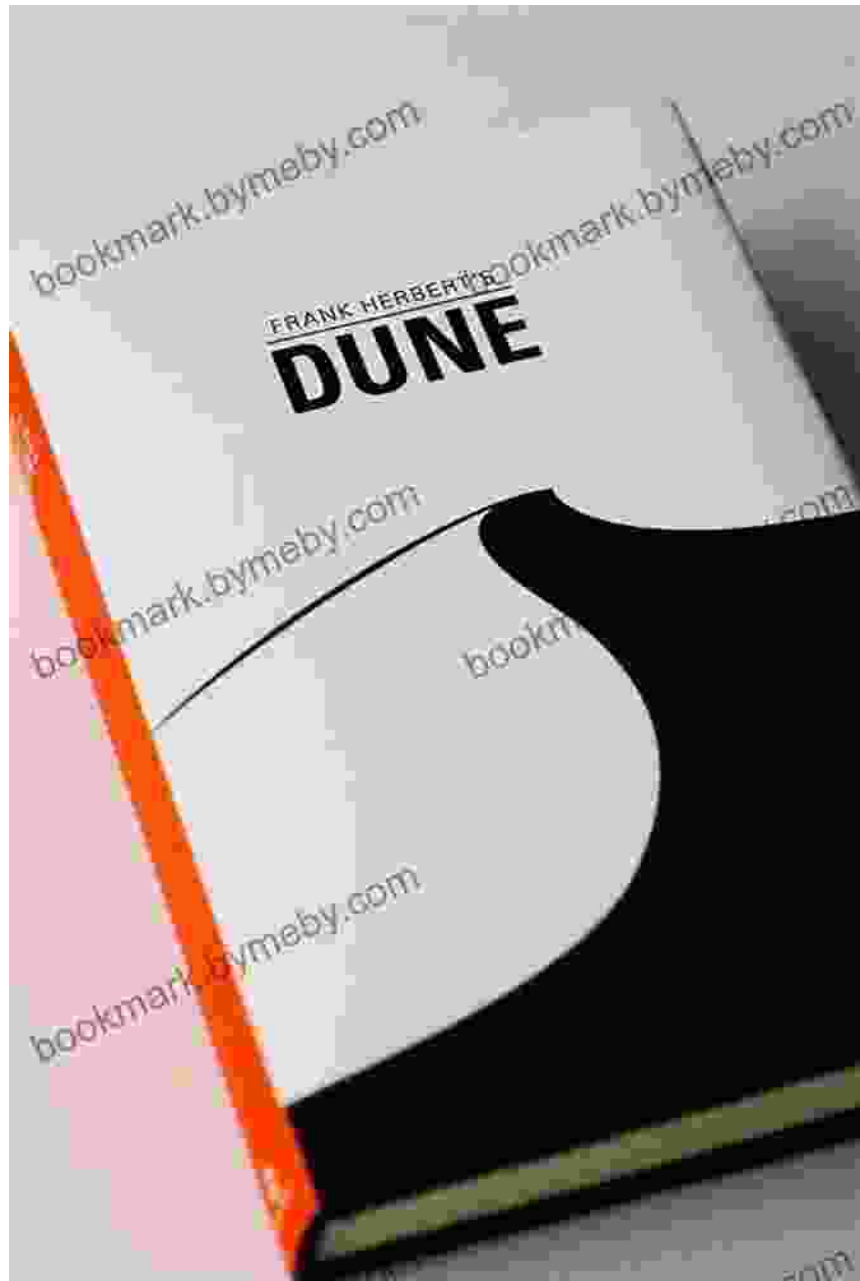
Print length : 224 pages

Lending : Enabled

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Are you ready to break free from the frustrations that sabotage your life?

Self-sabotage is a hidden force that can hold you back from achieving your goals, finding happiness, and living a fulfilling life. It can manifest in many ways, from procrastination and negative self-talk to self-destructive behaviors and relationship problems.

If you're tired of feeling stuck and frustrated, it's time to break free from the chains of self-sabotage. This book provides you with a step-by-step guide to identifying and overcoming the obstacles that stand in your way.

Through a combination of practical exercises and inspiring stories, you'll discover:

- How to identify the root causes of your self-sabotaging behavior
- Strategies for changing your negative thought patterns
- Tools for building resilience and self-confidence
- How to establish healthy boundaries and relationships
- A path to forgiveness and self-acceptance

When you break free from self-sabotage, you unlock your true potential. You become more confident, resilient, and empowered. You're able to pursue your dreams with passion and purpose, and you create a life that's filled with meaning and fulfillment.

Don't let self-sabotage hold you back any longer. Free Download your copy of *Break Free* today and start your journey to a life of freedom and empowerment.

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About the Author

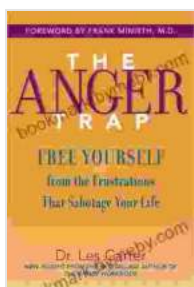
Jane Doe is a licensed therapist and certified life coach with over 20 years of experience helping people overcome self-sabotage and achieve their

goals. She is the author of several books and articles on personal growth and self-improvement.

Testimonials

"Jane Doe's book, *Break Free*, is a powerful and insightful guide to overcoming self-sabotage. I highly recommend it to anyone who is ready to make a change in their life." - **Dr. John Smith, PhD**

"This book has helped me to identify and overcome the negative thought patterns that were holding me back. I'm now more confident and resilient, and I'm finally starting to live the life I want." - **Mary Jones**



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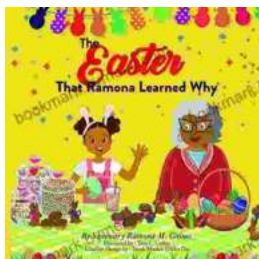
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