



Stop Self-Sabotage: Get Out of Your Own Way to Earn More Money, Improve Your Relationships, and Find the Success You Deserve

Pat Pearson

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Five proven strategies for getting “unstuck” at work, in relationships, and in life

A self-published success, with more than 55,000 copies sold, this practical guide from a licensed psychotherapist shows you how to conquer any negative beliefs that might be sabotaging your life. Whether you're feeling stuck in your jobs, dating the wrong person, or unable to lose weight, this simple five-step plan can help transform self-defeating thinking into a higher “Deserve Level,” giving you the tools to stop self-sabotage—and embrace the happiness and success you deserve.

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