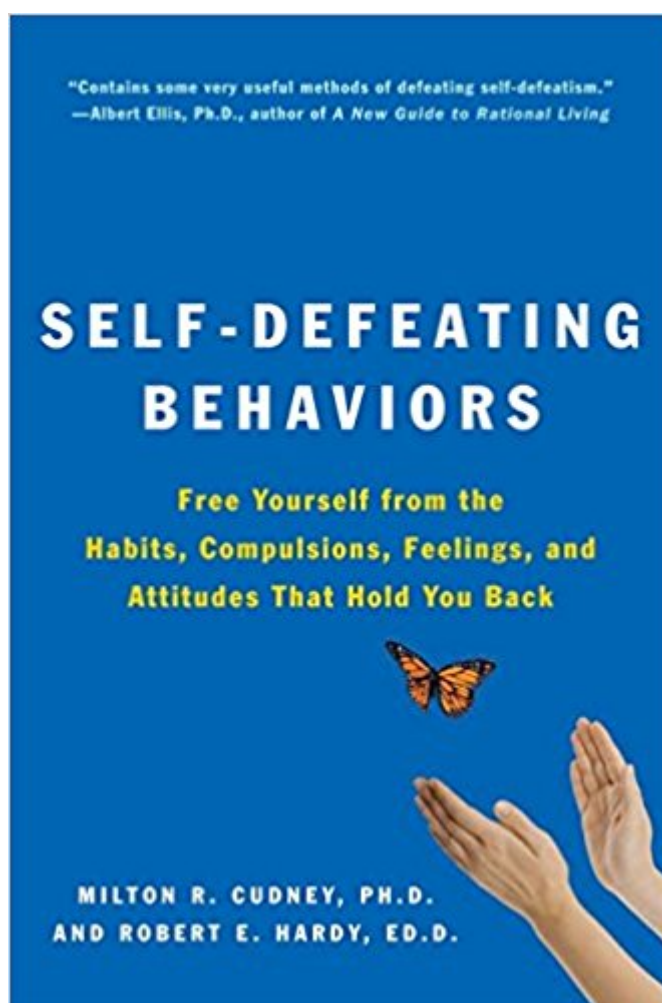


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# Self-Defeating Behaviors: Free Yourself From The Habits, Compulsions, Feelings, And Attitudes That Hold You Back



## Synopsis

“The most detailed examinations of self-defeating behavior I have ever read. Very useful.”  
Albert Ellis, PH.D., President, Institute of Rational-emotive therapy, and author of A New Guide to Rational Living  
“Some of my patients would not need therapy if they would read this book.”  
Dr. Alan Loy McGinnis, author of The Power of Optimism  
The groundbreaking theory expounded in Self-Defeating Behaviors asserts that, with each new moment, people have the ability to make a choice for either a self-defeating or self-enhancing behavior; this is the guide to freeing ourselves from the inappropriate and crippling behaviors that sabotage our success.

## Book Information

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## Customer Reviews

Cudney (counseling, Western Michigan Univ.) and Hardy, a practicing psychologist, offer a thorough investigation into the psyche by explaining those attitudes or actions that may have worked at one time, but ultimately cycle into adult behaviors that backfire. Self-defeatists, they claim, harbor mythical fears that stifle creative thought patterns, causing faulty conclusions which perpetuate the destructive cycle. The authors outline steps to work toward a breakthrough, although they caution that counseling may be necessary to stop the self-defeating cycle. This guide is recommended for self-help and therapy collections.- Lisa Wise, Steele Memorial Lib., Elmira, Copyright 1992 Reed Business Information, Inc.

"The most detailed examinations of self-defeating behavior I have ever read. Contains some very useful methods of defeating self-defeatism."--Albert Ellis, PH.D., President, Institute of

Rational-emotive therapy, and author of "A New Guide To Rational Living""Some of my patients would not need therapy if they would read this book."--Dr. Alan Loy McGinnis, author of "The Power of Optimism""We can choose to use self-defeating or life-enhancing behaviors. The first time a self-defeating behavior eased a difficult time was probably an accident. After that, we chose it. Now, we can un-choose it..."[Self-Defeating Behaviors] "is logical and most helpful."--"The Phoenix"

I got this book based on the other reviews which were mostly positive and I have to say that I was very disappointed. I know reading a negative review isn't as appealing as a positive one, but I think pause should be taken before ordering this book. Self Defeating Behaviors is a great title with little content. As the other reviewers have noted, it does nothing but describe the problem with little practical insight as to how to address it. The description of the problem is also very dry and lengthy. It could have been done in 10 pages, the authors do it in 200 pages so you have to hear the same thing over and over and over again. I found that of little value, especially in light of the fact that there was almost nothing in regards to correcting such behavior. I'm guessing most people read self help books for the purpose of betterment. They want to improve their lives, not just read something 20 times over and over again about what the problem is. The authors simply believe that the problem is that the process of decision making becomes relegated to the subconscious mind over time and that the subconscious can make negative decisions instead of positive ones. There, that one sentence, gives you the whole gist of this book. They give no practical insight as to how to solve this problem, they merely describe it in dull, psychological text type writing. I was very disappointed. I am writing this review for the next person who might be tempted by the title, not realizing it has nothing to offer in terms of personal growth, merely description of a problem and a psychological description.

This book I found to be extremely helpful. The book likes to posit the belief that while it is not your fault for adapting a self-defeating behavior, it is your fault for maintaining it in perpetuity. The manner in which this book is set up is very helpful, first they call us to understand the nature and process of the Self-Defeating Path then with that understanding in place show us the Path of Breakthrough, the author also does a wonderful job of presenting case studies and following those case studies through out the book to show us how they work. I used this to help figure out ways to break out of one self-defeating behavior pattern, and will probably replicate this going forward into others to help me come out a better person, they helped me a lot.

I'm not a psychologist so I can't debate his techniques but this book has helped me observe myself and I always find myself thinking back to something I read. It can be wordy and complex but if you really focus it all makes sense and you know exactly what he means. I like the way he connects things like faulty assumptions and the consequences it leads to if you make the wrong choice; it makes breaking habits or addictions just that much easier. I added pictures of the Table of Contents that might help explain what it touches on. It touches on so many aspects psychologically and you have to add it to your self help collection.

"Cogs in the machinery of life or social engineering: So don't always blame yourself, if you feel like crap sometimes" Social engineering is the use of centralized planning in an attempt to manage social change and regulate the future development and behavior of a society. Our society doesn't give a damn how we feel or whether we have meaning in our lives. In fact, society doesn't care whether we live or die. When I say society, I also mean those who set up society. In the introduction of the book, it states, "For all its virtues, our culture is in many ways toxic to humans, and that the by-products of its systems and structures impose negative experiences on most people." So if you sometimes get to feeling like life is pushing you around, you are 1000% correct. An oligarchy is a small group of people having control of a country, organization, or institution. Pick up a dollar bill and at the top of the bill are the words Federal Reserve. Then look up who is the Federal Reserve. These are them that make up the oligarchy. If you want an alternative to this life that is orchestrated by an oligarchy, then you might want to read the book that I mentioned. The Serenity Prayer suggests to know what you cannot change and what you can. I am currently reading the history of the Serenity Prayer written by the daughter of its author. In her book, she says that it should read, "God, grant me the grace." She says that grace is something we have to prepare for. If you want an alternative to this life that is orchestrated by an oligarchy, then you might want to read this book: Self-Defeating Behaviors. I agree with this author who says we have to understand the origin of our self-defeating behaviors, how they keep going, where we practice them, and how and where we can replace them. This book is worth the read even if they only let you off the hook of blame; we are very limited on what we can do in this sometimes sick and self-perpetuating society.

Here I am and I know it yet I still don't do what the books above say to do WHY?

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