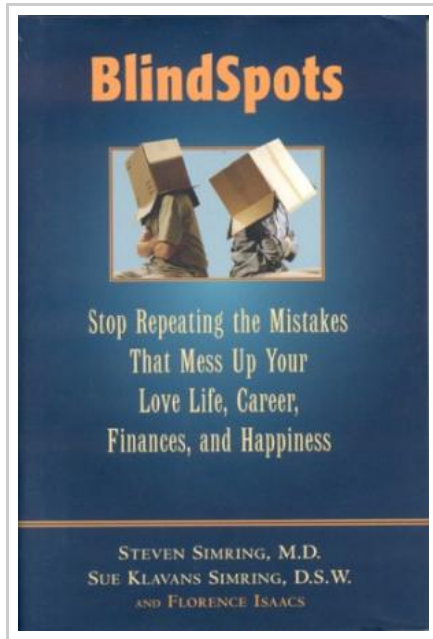




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Blindspots: Stop Repeating Mistakes That Mess Up Your Love Life, Career, Finances, Marriage, and Happiness

By Steven S. Simring, Sue Klavans Simring, Florence Isaacs

Rowman & Littlefield. Hardback. Book Condition: new. BRAND NEW, Blindspots: Stop Repeating Mistakes That Mess Up Your Love Life, Career, Finances, Marriage, and Happiness, Steven S. Simring, Sue Klavans Simring, Florence Isaacs, In this groundbreaking book, a psychiatrist and a psychotherapist prove that most people encounter serious problems in their life because they cause them themselves! The authors show that it is possible to overcome damaging behaviour patterns if one has the awareness and discipline to eliminate emotional blindspots that cloud judgement and lead to faulty decision making. This revolutionary programme identifies the eight blindspots: wishful thinking, trying to control and uncontrollable situation, believing in mythical rewards and happy endings, relying too much on others, being someone's saviour, allowing emotions to overcome rational thinking, misjudging how others perceive you, and missing opportunities. By taking a 'Blindspot Inventory', readers will be able to pinpoint the exact blindspots that are plaguing their lives.



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