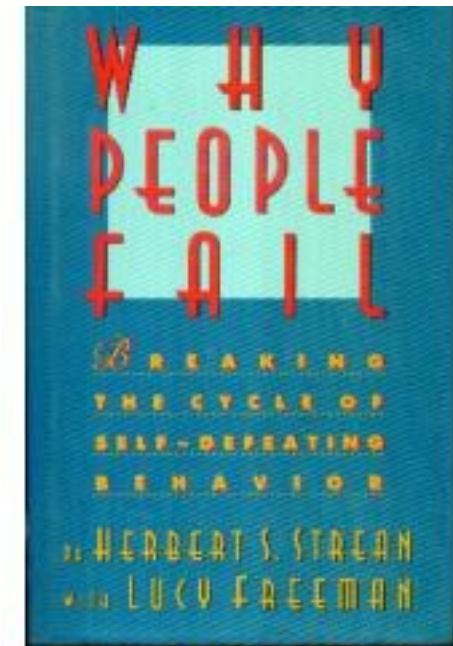


# Why People Fail/Breaking the Cycle of Self Defeating Behavior



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著者:

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Like it or not, failings large and small are woven into the fabric of every human life.

We can fail at an exam, we can fail to dial the correct telephone number, we can fail to remember something important, we can

fail in a love relationship, we can fail at a task on the job. Or, even when we "have it all" by society's standards, we can feel like a failure. Furthermore, our responses to failure will often vary. Why? And, even more important, what can we do about it?

Until now no book has so thoroughly explored the causes of persistent failures in everyday life. Drawing on his many years in private practice, Dr. Streat helps the reader recognize how and why we arrange our own failures and offers liberating advice on overcoming these self-imposed negative tendencies. His case studies furnish telling examples of failure at work, in marriage, in sports, in school, in business, in friendship and other relationships.

作者介绍:

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