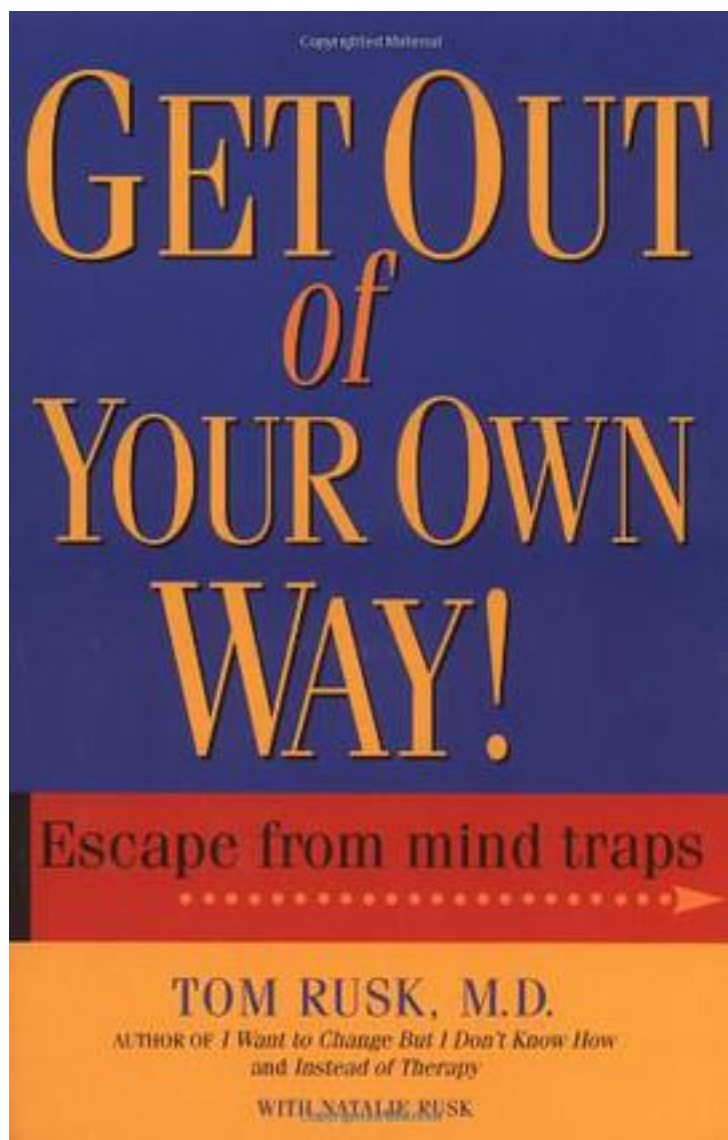


# Get Out of Your Own Way!



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Escape from Mind Traps. The bestselling author of I Want to Change But I Don't Know How and Instead of Therapy offers a step-by-step approach to self-initiated, self-directed personal change. This book 'maps out' ways for readers to look at themselves objectively and identify the defeating attitudes that are keeping them locked into problem habits, relationships, and situations.

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