



Stop the Sabotage: Making and Maintaining Change During Difficult Times

Herman "Ray" Barber

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When you feel stuck and frustrated with on-going attempts to improve your appearance, health, attitude, or any aspect of yourself, adding another layer of information often culminates in just one more disappointment. Before discussing steps for maintaining change, this book first addresses why people fail to maintain change and offers processes to eliminate personal sabotages. This self-reinforcing process leads to the ultimate achievement of continual improvement in life.

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