Hostage to Myself: Discover How to Rescue Yourself from the Self-Sabotaging Behavior That Is Preventing You from Living the Life You Deserve

By J Paul Nadeau

Jean Paul Nadeau, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.There are two kinds of hostages: Those who are physically seized and deprived of the choice to move about freely and carry on with their lives, and those who are mentally held captive by the thoughts that deprive them of the ability to choose the best for themselves and to achieve their dreams and goals. As a former police detective, hostage negotiator and international peacekeeper, J. Paul Nadeau spent more than 31 years working with victims and learning from top experts in abuse, hostage-taking and human behaviour. And, as a survivor of physical and emotional abuse by an alcoholic father, he experienced first-hand the loss of hope and destructive internal dialogue that can immobilize as effectively as any prison. These inner hostage-takers rob us of our power to make positive changes, often leading us to simply give up and accept our fate. In Hostage to Myself, J. Paul Nadeau combines his personal experience, stories and insights to share practical tips that anyone can use to overcome the self-sabotaging thoughts and attitudes that prevent them from achieving...

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