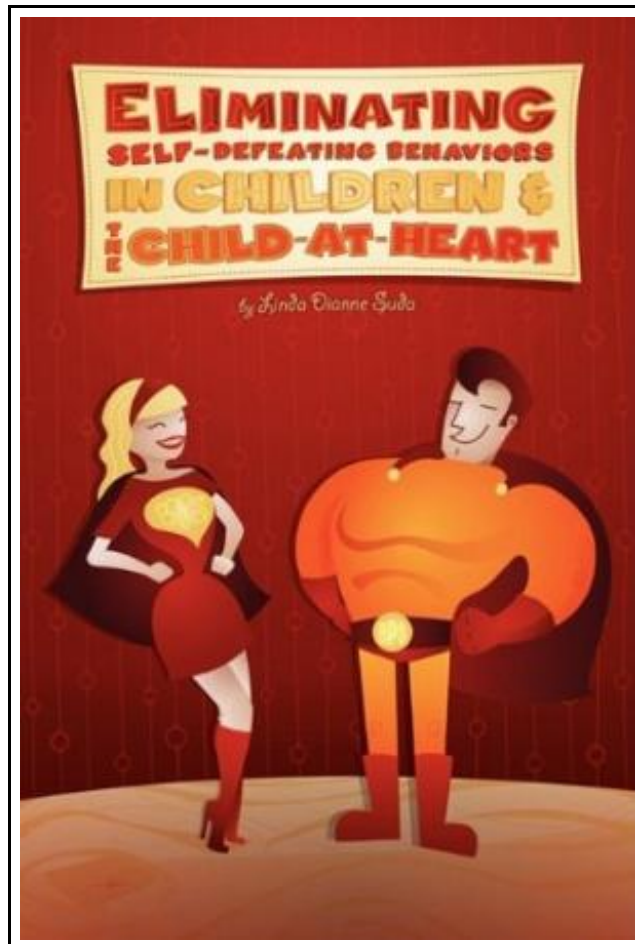


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Paperback. Book Condition: New. Paperback. 64 pages. Book Synopsis: Do you have a self-defeating behavior you thought you could never eliminate Do you think you can do as well as a six-year-old child If the answer is yes to both of these, you can become your best self and eliminate that behavior you thought was part of you. You can become one of the Best Self Superheroes who changes their own lives for the better forever! This is an easy and fun way to improve your life! Developed for elementary school children, it was later used for great-grandparents, young adults, and the middle-aged. It works on all ages. Use this program to help your children, a classroom, a social group, a church group, a business, or yourself. It can be used easily for one person or a large group, and even used for those who cannot read or write (as long as someone reads the directions to them). It does not matter if the problem is biting nails, perfectionism, procrastination, dishonesty, anger management, gossiping, not sticking to diet or exercise programs, poor self-esteem, or any other thought, feeling, or behavior that is keeping you from being your best self. Once you and your loved ones learn the easy techniques of self-mastery, you can use them repeatedly to conquer one self-defeating behavior after another. Become the Best Self Superhero you were born to become! About the Author: Linda Dianne Suda is a Licensed Professional Counselor in Utah. She has worked as an elementary school counselor in high risk schools, a therapist in Mental Health, a therapist in various residential treatment programs for teens and adults, at a locked inpatient hospital, worked in Child Welfare, had a private practice, was over programs in chemical dependency and prevention, and currently works for a major insurance...



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