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No-punches-pulled advice to women who want to stop undermining their own happiness once and for all How to Stop Feeling Like Sh*t is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen - a nationally sought-after life coach - crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favor of punch-points of awareness. PLEASE NOTE: When you purchase this title, the accompanying reference material will be available in your Library section along with the audio.

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