



The Hidden Addiction: Behind Shoplifting and Other Self-Defeating Behaviors

Peter Berlin

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People's self-defeating behaviors frequently do not reflect who they are as human beings but rather what they were temporarily driven to do as a result of early hurtful experiences, self-inflicted wounds or loss of hope. This book describes how to turn self-defeating behaviors into self-nourishing behaviors. Knowing who you really are, becoming aware of the false beliefs you hold, knowing who you can trust, satisfying your basic needs and knowing how to guide yourself in life is essential to rid yourself of any self-defeating behaviors you have or may develop. The good news is that life, like all complex things, has a universal simplicity which reduces life's struggles and is presented in this book.



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