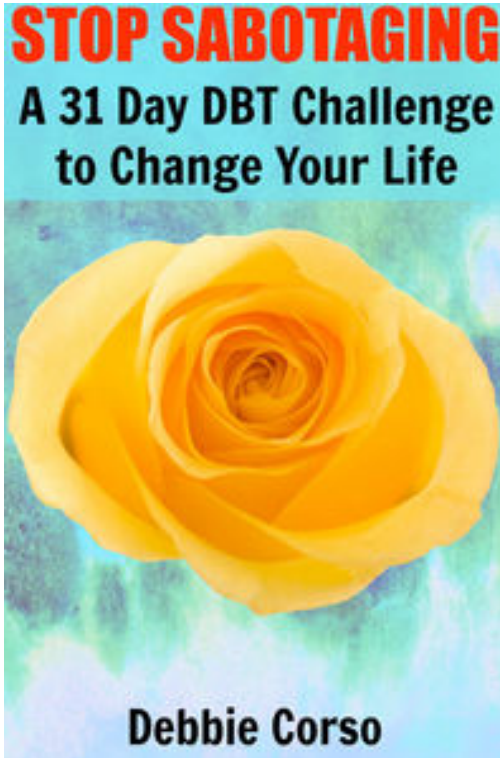


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Stop Sabotaging covers:

- What sabotaging is
- Why, as emotionally dysregulated individuals, we tend to do it
- Strategies for shifting out of this destructive pattern and radically changing your life
- A 31 day practice of DBT (Dialectical Behavior Therapy) skills

Keeping a journal as you read (whether old school pen and paper or a memo app on your smart phone) is essential.

If you're finally ready to STOP SABOTAGING your life, download this book today and get started on a new and exciting journey of self-discovery and healing.

Introduction by Alicia Paz

Afterword by Amanda Smith

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