



Do it Afraid (Paperback)

By Adeola Babatunde

Lulu.com, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Self-defeating behaviour is the single most common reason why people seek psychotherapy. Fear prevents people from making their dreams a reality. The most frustrating part is feeling there is need to change one s attitude and not knowing how - or knowing how but being unable to adapt to change. Do it Afraid is an antidote - it explains why we sabotage ourselves, and it offers a proven course of action to transform behaviour from self-defeating to life - enhancing. It provides practical steps toward change that you can work into your everyday life.



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