



Get Out of Your Own Way: Overcoming Self-Defeating Behavior

Mark Goulston , Philip Goldberg

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Practical, proven self help steps show how to transform 40 common self-defeating behaviors, including procrastination, envy, obsession, anger, self-pity, compulsion, neediness, guilt, rebellion, inaction, and more.

Get Out of Your Own Way: Overcoming Self-Defeating Behavior Details

Date : Published February 1st 1996 by Tarcherperigee

ISBN : 9780399519901

Author : Mark Goulston , Philip Goldberg

Format : Paperback 177 pages

Genre : Self Help, Nonfiction, Psychology, Personal Development

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From Reader Review Get Out of Your Own Way: Overcoming Self-Defeating Behavior for online ebook

Mattheus Guttenberg says

Good, useful information on how to overcome self-defeating behaviors, but most of the book wasn't relevant to me. My main takeaways involved learning how to curb my habit of talking too much and being more genuine in my interactions. I wish the chapters were longer and more detailed, though. Reminds me of Don't Sweat the Small Stuff.

Iusedtobeacat says

Let me start my review by stating that, people are blessed in many ways. Some are intellectuals and some are emotionally intelligent. You can't have everything or be everything at the same time, but the cool thing is: you can build, you can evolve and change.

I loved this book, for what it is. A guide to those who are emotionally troubled, or have no previous training or knowledge when it comes to handling their emotions.

I'm not saying that this book is going to radically change your life, and that once you read it you'll be a messiah of some sort or whatever. Clearly, if someone is deeply troubled they'd have to seek therapy and meds if they have any history of mental illness so that's not what I'm advocating this book for, it should in NO way substitute proper therapy.

On the contrary, I simply view this book, as more of a guide into how you can build your self emotionally, how you can control your emotional floss and what you should care about, especially if you have NO clue what you're doing.

I'm guilty of most of these "self defeating coping mechanisms" that the author talks about, and it has made my life crazy for a while. I did procrastinate ever so often, I chased the love of people who weren't my parents but I felt the notion is the same in this case, I held grudges, and Saying "yes" when I really wanted to say "no" just to make people like me etc... it definitely didn't turn out to be in my favor.

I felt like a doormat for most of the time, so to have this book was a great tool for me. I learned so much, in such a short read. It was enjoyable. Of course, this wasn't a magic fix, it did take me years to change and get over my "sins" but you can say that this book was the starting point for me. It has sound advice, it makes a lot of sense too. It resonated with me so well. I guess most of the stuff included are very obvious already, but to some of us it's not that obvious, especially if you're growing up and you're still finding out who you are and how you fit into this world.

So overall, I liked it a lot. It did help me. It's a useful read.

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Amy Sanchez says

Cant get enough of these kinds of books. Just another book that screams "Stop Whining and Do something about it" ... (sometimes we need to hear the truth about ourselves)

Seetha Ravindran says

2018 has been a year full of ups and downs, safe to say one of the toughest years ever. But I'm proud of myself that I could pull through it well. The best highlight how I learned to uphold my self confidence. I personal and workplace issue, which's consequences were pretty bad and challenging. This book discusses on self, relationship, work, life and general psychological issues. If you're into self-help books then you could give this book ago too. It's direct and easy read.

Elizabeth Black says

I was not impressed with this one. I think what he was going for was practical application to every day life, but the stand alone lessons seem nothing to do with one another and are too simplistic to address the deep roots from which self defeating behaviors stem.

Sergei_kalinin says

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Ali Albaijan says

The book has demonstrated very beneficial advices on how to conquer very commons obstacles that we face. Obstacles that exist within our mentality and feelings when we handle various aspects of life. 40 common questions that we have that we urge an answer of it is available in this book. Some are obvious but there is no harm to be reminded on how to solve it accurately.

Daniel Stern says

I felt and knew in my heart that I needed to make changes in my life. I wasn't fulfilled, I was bored and dissatisfied with my career , friends, life. When I finally came to terms with the fact that I had to do something to improve my outlook on life,Dr. Goulston's book is an insightful work and offers many practical ways to overcoming self-defeating behaviors. Each chapter describes a behavior and gives examples, with references to various patients he's couseled over the years. I took Dr. Goulston's advise to read through his book, as opposed to only reading the behaviors I thought were relevant to me. Oddly enough, I identified with other behaviors I hadn't even considered. And reading about other behaviors will not impede your progress because if a behavior doesn't specifically apply to you at the moment, the information in the book will help you deal with the behavior in yourself or anyone else, should it ever arise. Reading the book made me feel like I was listening to a dear friend comfort and guide me. Dr. Goulston's words encourage the reader as if he's personally supporting you throughout the read. I feel empowered by each "Usable Insight" and I'll be able to use his sound advise for the rest of my life. If I ever had to recommend a book to anyone, it would definitely be this one

Ani says

Read it because a friend recommended it. in can't relate news, the Holding a Grudge example made me hold a grudge on the wife's behalf. That Albert...

The Judith chapter, I think that's her name, had me ticked off on her husband's behalf.

I don't think my mind was ready to soak in any of these lessons. Maybe if I read it at a later time I'll be better able to absorb the information.

Robert says

As I began to read this book, I recalled the core concepts in *The Knowing-Doing Gap* co-authored by Jeffrey Pfeffer and Robert Sutton. Briefly, they assert that “so many managers know so much about organizational performance, say so many smart things about how to achieve performance, and work so hard, yet are trapped in firms that do so many things they know will undermine performance.” Many (most?) people have a “gap” between knowing what to do and doing it, not only at work but in all other areas of their lives. How to close this gap? Mark Goulston and Philip Goldberg believe that a self-defeating attitude results in self-defeating behavior...and I agree. They identify 40 different examples of self-defeating behavior and briefly discuss each, also including relevant quotations and a “Usable Insight” for each. I immediately identified with several (as will other readers) and, after reading “10 Things You Can Learn from Each” and then the Introduction: “How to Beat Self-Defeat,” zeroed in on caught my eye.

Goulston and Goldberg offer an abundance of sound advice. It remains for each reader to determine which of the self-defeating behaviors are most relevant to her or him, then make whatever behavior adjustments may be necessary. The authors suggest that the book be read straight through. I chose to take a different approach. Either way is fine. It is imperative to read “10 Things You Can Learn from Each” and then the Introduction: “How to Beat Self-Defeat” first. The extent to which a reader is receptive to improvement of mindset and behavior will determine whether reading this book is a journey of meaningful self-discovery or an extended exercise in self-delusion. Reader’s choice.

Tamara Evans says

A quick read which provides helpful tip the reader can apply immediately after reading. Although the author advises the reader to read the book all the way through, or pick and choose to focus on topics that are specific to you.

Douglas Gibson says

My teaching partner and I are previewing self-help books for a unit we are going to do with our seniors next year and I think this book will be perfect for them.

At first I wanted more out of this book, and found the 3 to 4 page chapters to be too brief to actually discuss any of these issues sufficiently. The more I continued to read, the more I enjoyed the fact that these chapter were not trying to go into great depth on any one topic, yet were simply trying to get the reader to acknowledge some of their self-defeating behaviors, and then provide some basic ideas on how to overcome those behaviors.

Some gems include- “Holding a grudge is a powerful defense mechanism that protects you from having to

own up to your own shortcomings.” “Mentally healthy
People feel what they are supposed to feel when they are supposed to feel it.” And, “If you are having fun
and things are coming easily to you, don’t feel guilty. It doesn’t mean you are being irresponsible or lazy.”

Jennifer Poliskie says

The authors break down 40 different self-defeating behaviors in 180 pages. Some of these behaviors can take years to establish in a person’s life. A measly 2-3 pages with bullet points at the end of each section is hardly enough to scratch the surface of each behavior. It’s also sprinkled with several famous and not so famous quotes which don’t really do much to add to the material. They end up looking more like space filler than anything. I pushed through to the end hoping for something helpful, useful. Looks like I just wasted my time.

Amy Christensen says

I didn’t adore this book but I did find it useful. My rating soared with the chapter Thinking “I’m sorry” is Enough. I knew that making amends was an important aspect of repairing a relationship but I honestly was stumped about how to go about it. Considering remorse, restitution and rehabilitation was precisely the tool I needed for clarity and perspective. I am going to implement this device and attempt to heal a terrible rift with my siblings.

It may not work but if I try then I know I have at minimum, put forth an effort and not resigning myself to the role of powerless victim.
