



Why Do I Keep Doing That? Why Do I Keep Doing That?: Breaking the Negative Patterns in Your Life

Dennis Wholey

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Why We Do What We Don't Want to Do--and How to Stop

Why Do I Keep Doing That? Why Do I Keep Doing That? explains why we all experience the “compulsion to repeat” and discover the most successful ways to stop doing what we don't want to do . . . whether we drink it, smoke it, snort it, pop it, spend it, gamble it, eat it, work it, feel it, or have sex or a relationship with it.

As a recovering alcoholic, Dennis Wholey knows firsthand what it takes to break an addiction. In his *New York Times* bestseller *The Courage to Change*, Wholey brilliantly changed the way people viewed the negative pattern of substance addiction. Now, in this highly anticipated book, *Why Do I Keep Doing That? Why Do I Keep Doing That?*, Wholey expands the exploration of the compulsion to repeat by tackling other negative and self-defeating patterns of various types and degrees.

Habits are hard to break--especially destructive ones that bring about pain in our lives, create continuous problems or obstacles, keep us with people who are bad for us, and prevent us from reaching our full potential.

We all have our own answer and our own path to healing. Dennis Wholey helps you find yours. He shows us how to make these changes with expert insights from his team of behavioral experts along with personal stories of different negative behaviors and lifestyles, questionnaires, evaluations, and “personal inventories” that dig into your own life and background. *Why Do I Keep Doing That? Why Do I Keep Doing That?* shows you how to find the answers you seek, the support you deserve, and the understanding you must have to forge your way to a happier, more rewarding life--and a truer sense of who you are.

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Mark Cabrera:

This Why Do I Keep Doing That? Why Do I Keep Doing That?: Breaking the Negative Patterns in Your Life book is not really ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book will be information inside this publication incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This kind of Why Do I Keep Doing That? Why Do I Keep Doing That?: Breaking the Negative Patterns in Your Life without we understand teach the one who examining it become critical in pondering and analyzing. Don't become worry Why Do I Keep Doing That? Why Do I Keep Doing That?: Breaking the Negative Patterns in Your Life can bring once you are and not make your carrier space or bookshelves' grow to be full because you can have it inside your lovely laptop even phone. This Why Do I Keep Doing That? Why Do I Keep Doing That?: Breaking the Negative Patterns in Your Life having great arrangement in word and also layout, so you will not truly feel uninterested in reading.

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Patricia Sax:

Playing with family in a very park, coming to see the coastal world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try thing that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Why Do I Keep Doing That? Why Do I Keep Doing That?: Breaking the Negative Patterns in Your Life, you can enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't understand it, oh come on its identified as reading friends.

Alexandra Stafford:

The book untitled Why Do I Keep Doing That? Why Do I Keep Doing That?: Breaking the Negative Patterns in Your Life contain a lot of information on that. The writer explains your ex idea with easy way. The language is very clear to see all the people, so do certainly not worry, you can easy to read the idea. The book was written by famous author. The author gives you in the new era of literary works. It is possible to read this book because you can continue reading your smart phone, or product, so you can read the book

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