

Tired of starting over only to fall back into old behavior?

Feeling discouraged?

Telling yourself that maintaining a desirable change just isn't going to happen?

Now you have a guide to understand why success hasn't occurred. Before learning more concepts, learn how to eliminate those personal choices that have sabotaged your ability to keep change going.

Those who cannot identify exactly what needs to happen differently for their lives to improve for the better can now have a view of the dynamics that stop their efforts to maintain change and to continually move forward. Whether you discount perfectly good information, spend time and energy swimming up-stream, cannot develop a solid support network or use your strengths to move forward, these and other self-sabotaging issues will be history.

If you are tired of playing with change, get serious. *Stop the Sabotage* calls for self-honesty and your willingness to take a personal inventory of yourself. If you aren't ready for the challenge just yet, buy this book and give it to someone who is serious with getting on with his or her life. If you believe you are worth it, spend a little time, effort and money improving your life.



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STOP the SABOTAGE

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Stop the Sabotage

Making and Maintaining Change During Difficult Times

HERMAN "RAY"
BARBER

