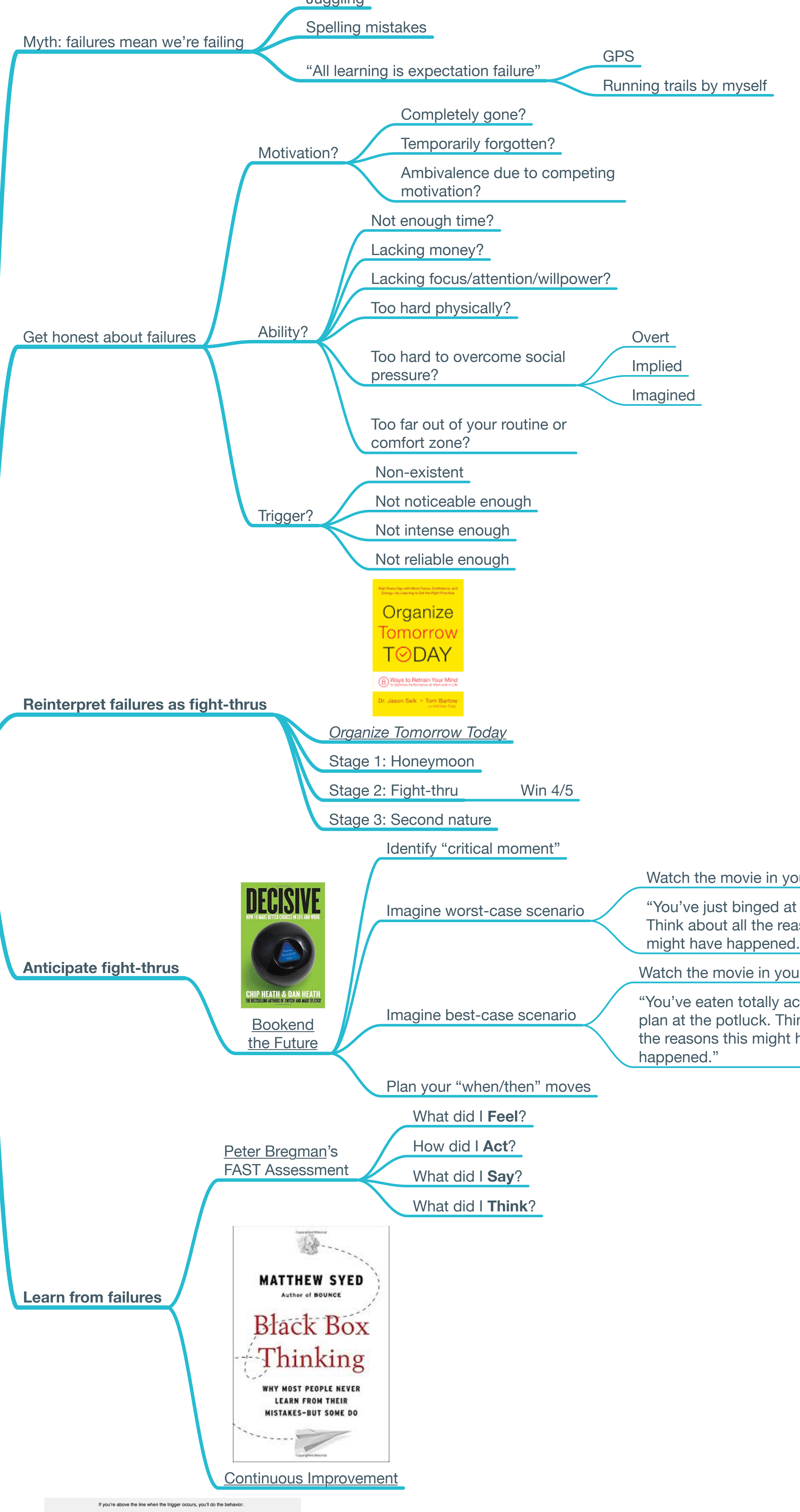


The Stop Self-Sabotage System Howard Jacobson, PhD

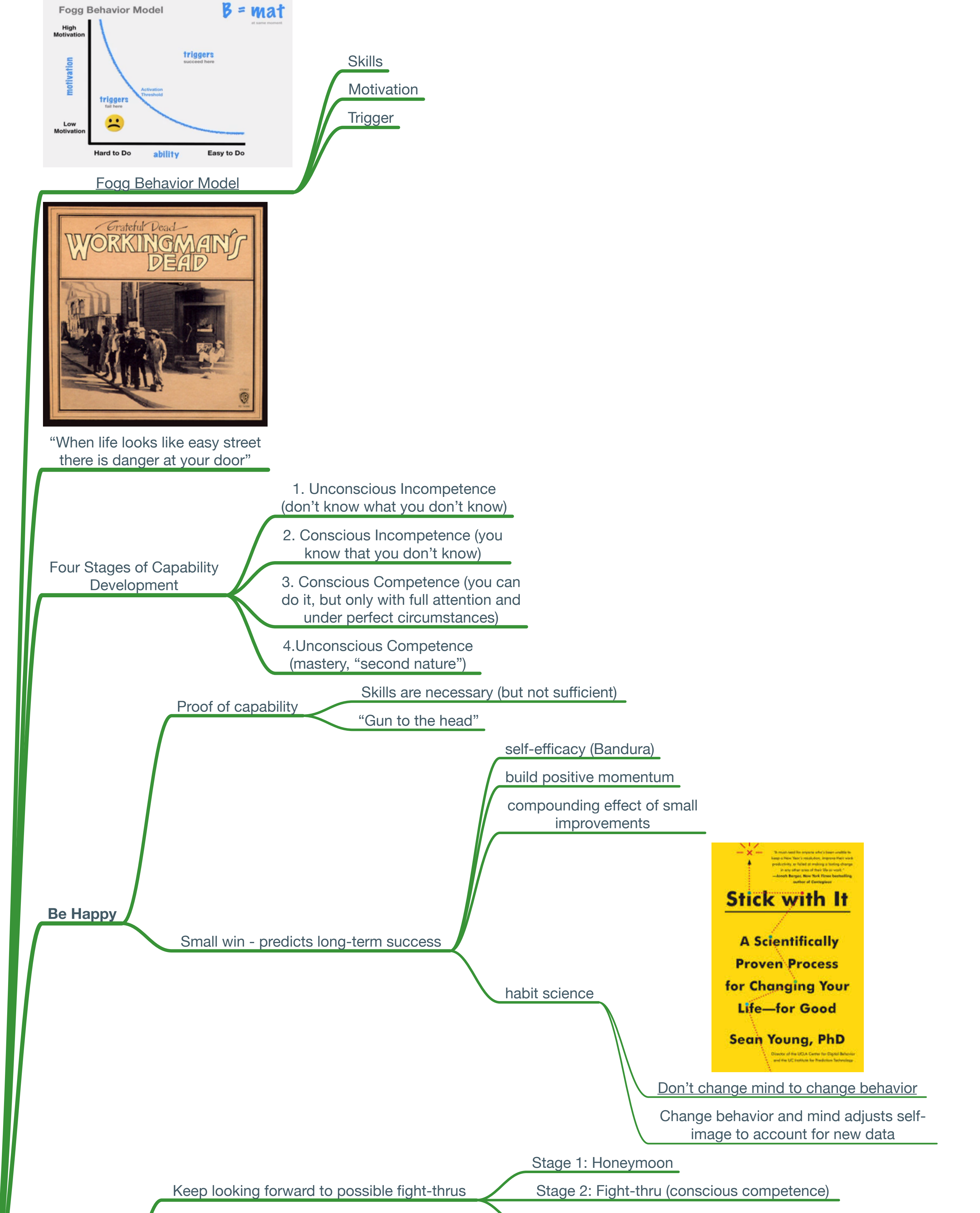
Session 1 Insistence on Perfection



Session 2 Misinterpreting Failures



Stop Early-Stage Self-Sabotage



Session 3 Misinterpreting Successes

