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The Power of a New Attitude

Alan E. Nelson

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The Power of a New Attitude

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The Power of a New Attitude Alan E. Nelson
If my heart's in the right place, why do I keep getting hurt?" "When I want so badly to succeed, why am I so often disappointed?" Dr. Alan E. Nelson answers these questions and more in this truth-filled book. Nelson says that many of us are our own worst enemy--without even knowing it. He helps readers recognize nineteen behaviors that sabotage all their best efforts, including negativity, being hung up on the past, dependency on others for a sense of self-worth, and much more. Then he takes readers beyond self-evaluation to real and lasting change to help them achieve their goals and live the successful lives they long for.

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