

⚡apping the Enemy Within

**STOP
STABBING
YOURSELF
IN THE
BACK**

**Dr. JUDITH
BRILES**

Bestselling Author of *The Confidence Factor*

Stop Stabbing Yourself In The Back Zapping The Enemy Within

Rosina Ehmann



Stop Stabbing Yourself In The Back Zapping The Enemy Within:

How to Become a Scandal Laura Kipnis, 2010-08-31 We all relish a good scandal the larger the figure governor judge and more shocking the particulars diapers cigars the better But why do people feel compelled to act out their tangled psychodramas on the national stage and why do we so enjoy watching them hurling our condemnations while savoring every lurid detail With pointed daggers of prose *The New Yorker* Laura Kipnis examines contemporary downfall sagas to lay bare the American psyche what we desire what we punish and what we disavow She delivers virtuoso analyses of four paradigmatic cases a lovelorn astronaut an unhinged judge a venomous whistleblower and an over imaginative memoirist The motifs are classic revenge betrayal ambition madness though the pitfalls are ones we all negotiate daily After all every one of us is a potential scandal in the making failed self knowledge and colossal self deception the necessary ingredients are our collective plight In *How to Become a Scandal* bad behavior is the entry point for a brilliant cultural romp as well as an anti civics lesson Shove your rules says scandal and no doubt every upright citizen deep within cheers the transgression as long as it s someone else s head on the block

Stop Stabbing Yourself in the Back : Zapping the Enemy Within Dr Judith Briles, 2007-02-01 The book was conceptualized when the author was researching and writing *Gender Traps* During his research the author realized that self sabotage was frequently reported Thus he got an idea to write this book which identifies 21 self sabotaging methods a

Stop Stabbing Yourself in the Back Judith Briles, 2005-09-01 Self sabotage affects everyone at some time It doesn t matter if you are the most successful and confident person there are times hours days weeks months even years when forces come together and create havoc in your life *Stop Stabbing Yourself in the Back* covers 21 areas where self sabotage is most likely to surface It offers realistic antidotes to counteract and zap self sabotaging traits and behaviors Awarded the Colorado Independent Publishers EVVY Award for Self Help in 2007 Foreign rights sold to India China Malaysia

Joyce in the Belly of the Big Truck; Workbook Joyce A. Cascio, 2005-05 **Los Angeles Magazine**, 2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been

addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian *Stop Stabbing Yourself In The Back* Judith Briles, 2002-07 Learn to identify 21 methods of self sabotage along with practical solutions to help

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It now lives on at LIFE com the largest most amazing collection of professional photography on the internet Users can browse search and view photos of today s people and events They have free access to share print and post images for personal use *New York Magazine* ,1993-09-06 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Private Eye** ,1974

Embracing the Song of Term: An Emotional Symphony within **Stop Stabbing Yourself In The Back Zapping The Enemy Within**

In a world used by monitors and the ceaseless chatter of immediate conversation, the melodic beauty and mental symphony developed by the published word frequently fade into the background, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, situated within the pages of **Stop Stabbing Yourself In The Back Zapping The Enemy Within** a marvelous literary treasure overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that interesting masterpiece conducts readers on a psychological trip, skillfully unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths of this emotional evaluation, we will explore the book's central harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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