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### **The Self Help Addict Turn An Overdose Of Information Into ...**

My addiction to self-help books has therefore born witness to the typical cost-benefit ratio associated with the myriad of activities/substances we can become addicted to.

### **How I (Nearly) Gave Up My Addiction to Self-Help Books ...**

Self-control is easier to develop if you build it upon a foundation of smart attitudes and "best practices." Here are several attitudes and actions that can help you in your journey toward better self-control in addiction recovery: A positive attitude: "I am in control of my actions." Setting definable, doable goals

### **How to Build Better Self-Control in Addiction Recovery ...**

If it feels like the pursuit of self-improvement is taking over your life to the point that it is draining your happiness or causing distress, it may be time to seek professional help. A therapist can help you find ways to pursue self-improvement goals in ways that are healthy, realistic, and productive.

### **Can You Be Addicted to Self-Improvement?**

Not only was that a self-motivational tool it also communicated a special caring to his son. The book is also a gift to all of us. Once again, the title is The Self-Help Addict: Turn An Overdose of Information Into A Life of Transformation.

### **The Self-Help Addict with Daniel Gefen | The Science of ...**

Most recently he is the author of the transformational book called "The Self Help Addict - Turn an Overdose of Information Into a Life of Transformation." Contact Info. Website: [www.DanielGefen.com](http://www.DanielGefen.com); Book: The Self Help Addict by Daniel Gefen; Podcast: Can I Pick Your Brain? What is Spirituality to You?

### **288 The Self Help Addict Author, Daniel Gefen ...**

Daniel Gefen is author of The Self-Help Addict: Turn An Overdose of Information Into A Life of Transformation and also hosts the podcasts, The Daniel Gefen Show and the Can I Pick Your Brain the Can I Pick Your Brain? podcast where he 'picks the brains' of successful entrepreneurs.

### **#659 The Self-Help Addict with Daniel Gefen | Shrink Rap Radio**

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### **The Self Help Addict: Turn An Overdose Of Information Into ...**

He was named the top 25 most influential influencers of 2017 and has been featured in Forbes, Inc and Influencive. Most recently he is the author of the transformational book called "The Self Help Addict - Turn an Overdose of Information Into a Life of Transformation." Contact Info. Website: [www.DanielGefen.com](http://www.DanielGefen.com); Book: The Self Help Addict by Daniel Gefen

### **Download Mindfulness Mode - 288 The Self Help Addict ...**

The Use of Self-Control in Addiction Treatment When you are in the throes of addiction, immediate gratification - in other words, accessing the substance or process you are addicted to immediately - is your primary and often only concern. The more empathetic you are, the more you are able to

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hold out for long-term goals.

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