



Get Out of Your Own Way at Work... and Help Others Do the Same: Conquering Self-Defeating Behavior on the Job

Mark Goulston

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A practical guide to help workers and managers deal with the self-sabotage that stands in the way of career advancement and satisfaction.

Self-defeating behavior is the most common reason that people put their jobs, careers, and reputations in jeopardy. Whether it's as simple as a breach of etiquette or a fear of learning new things, expecting too much from employers or failure to delegate, these behaviors lead to frustration, confusion, guilt, defensiveness, and self-doubt that will seriously hurt or even derail a career, no matter how intelligent or qualified a person might be.

Get Out of Your Own Way at Work covers forty of the most common self-defeating behaviors, explains why we sabotage ourselves, and offers proven steps to transform behavior from self-defeating to life-enhancing.

Illustrated with anecdotes and "useable insights" drawn from Dr. Goulston's more than twenty years in clinical and organization settings, *Get Out of Your Own Way at Work* shows anyone how to stop being their own worst enemy.

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