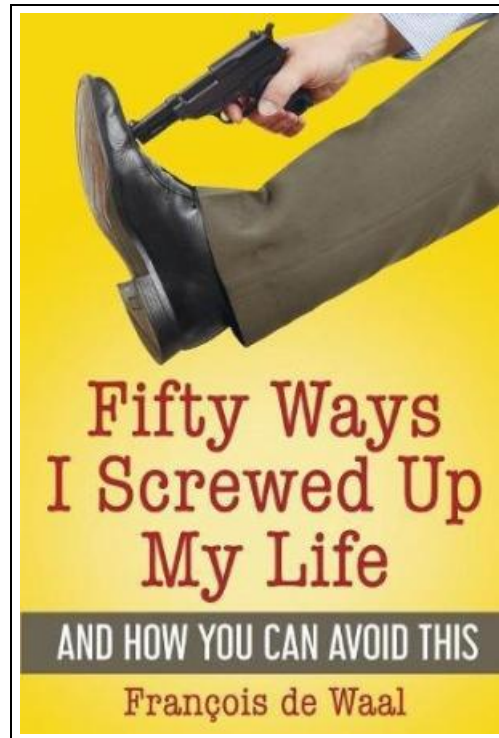


Fifty Ways I Screwed Up My Life and How You Can Avoid This (Paperback)



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Reviews

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(Mrs. Linnea McKenzie)

FIFTY WAYS I SCREWED UP MY LIFE AND HOW YOU CAN AVOID THIS (PAPERBACK)



Amsterdam Publishers, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Always complaining, touchy, cantankerous, endlessly brooding, eternally dissatisfied, saying yes but meaning no, thinking constantly that he was hard done by and blaming everybody else FranCois de Waal was an irritating bastard who castigated everything and everybody. He made every mistake in the book when it came to love, relationships, money, sex and work. Littered with egotism, self-sabotage and silent despair, he muddled along for years without any light at the end of the tunnel. Being gay didn t make things easier. Until, at the age of forty, he realized that he was an obstacle to himself, his own worst enemy. After years of falling into every trap in his path, it took blood, sweat, and tears to gain insight into his behaviour and actually make changes. In this self-help book, FranCois de Waal dissects with great precision the ways you can best sabotage things for yourself. But even more important is the message that there is a solution for every problem. He shows how you can successfully confront yourself and lead a happier life. It is never too late to be really happy. A fun and honest life guide that gets to the basics of personal development and how to be a happier, more productive person. Readers will identify with the author s setbacks and be heartened by his useful tips for success. - Tom Butler-Bowdon, author of 50 Self Help Classics . In his excellent book FranCois de Waal talks about everyday kinds of problems and depressing thoughts and worries that just about everyone has but that nobody talks about. It is refreshing to read someone writing so candidly about it. The writing is personable and engaging. It is disarmingly charming...



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