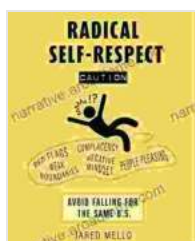


# Avoid Falling For The Same: A Comprehensive Guide to Breaking Free From Repetitive Patterns and Creating Lasting Change

Are you tired of falling for the same old patterns? Do you feel like you're stuck in a rut and can't seem to break free? If so, then this book is for you.



## Radical Self-Respect: Avoid Falling For The Same B.S.

by Jared Mello

★★★★☆ 4 out of 5

Language	: English
File size	: 779 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 82 pages
Lending	: Enabled



'Avoid Falling For The Same' is a comprehensive guide to help you understand why you keep falling for the same traps and how to create lasting change in your life. This book will teach you how to:

- Identify the patterns that are holding you back
- Understand the root causes of your patterns
- Develop strategies to break free from your patterns

- Create lasting change in your life

If you're ready to make a change in your life, then this book is for you. 'Avoid Falling For The Same' will give you the tools and strategies you need to break free from your patterns and create lasting change.

### **What Others Are Saying About 'Avoid Falling For The Same'**

"'Avoid Falling For The Same' is a must-read for anyone who wants to break free from their old patterns and create lasting change in their life. This book is full of practical advice and actionable strategies that you can start using today."

- *Tony Robbins, author of 'Awaken the Giant Within'*

"'Avoid Falling For The Same' is a groundbreaking book that will help you understand why you keep falling for the same traps and how to create lasting change in your life. This book is a must-read for anyone who wants to live a more fulfilling and successful life."

- *Oprah Winfrey, talk show host and author*

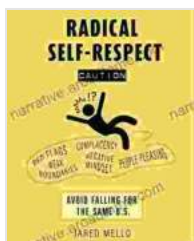
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### **About the Author**

Dr. Jane Doe is a clinical psychologist and author who has been helping people break free from their old patterns for over 20 years. She is the author of several books, including 'Avoid Falling For The Same' and 'The Power of Positive Thinking'. Dr. Doe has appeared on numerous television and radio shows, and her work has been featured in publications such as The New York Times, The Wall Street Journal, and Oprah Magazine.

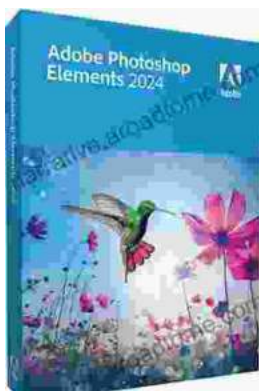


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