



# Your Own Worst Enemy

*Ken Christian*

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Do you suffer from any of the following?

- Procrastination
- Wide swings of mood and self-esteem
- Ambivalence in making decisions
- Dreaming big, but never following through

If you or someone you love isn't living up to his or her potential -- and suffers from even one or two of the above feelings -- here is a program that can help. *Your Own Worst Enemy* is the first book devoted to the problem of adult underachievement, a problem stemming from common behavior patterns that can manifest itself in almost every walk of life -- from twentysomethings stuck in dead-end jobs to outwardly successful businesspeople who can't help feeling they've missed their true calling.

In *Your Own Worst Enemy*, Dr. Kenneth Christian details the telltale signs of what he calls *self-limiting behavior* -- everyday habits that can seem harmless (like taking unchallenging jobs) or even worthwhile (like setting absurdly high standards), but that over time can send high-potential people into a tailspin of dead ends and frustration. He identifies underachieving types, from charmers, who substitute congeniality for effort, to extreme risk-takers, who casually gamble their future away, to best-or-nothings, who refuse to play if they can't win. And he offers practical 15-step guide to help underachievers shake off their old habits and start taking an active hand in their own future.

Filled with persuasive case studies and useful advice on everything from overhauling workspace to remaking self-image, *Your Own Worst Enemy* will help underachievers everywhere visualize their goals, break through their barriers, and start realizing their unlimited potential.

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