



The Healthy Mind Toolkit: Quit Sabotaging Your Success and Become Your Best Self

Alice Boyes

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An empowering guide to overcoming self-defeating behaviors

I can't believe I just did that!
Why does this always happen to me?
I really should stop myself from . . .

Sound familiar? Whether we're aware of it or not, most of us are guilty of self-sabotage. These behaviors can manifest in seemingly innocuous ways, but if left unchecked can create stress and cause problems in all areas of your life.

In *The Healthy Mind Toolkit*, Dr. Alice Boyes provides easy, practical solutions that will help you identify how you're holding yourself back and how to reverse your self-sabotaging behaviors. Blending scientific research with techniques from cognitive behavioral therapy, this engaging book will take you through the steps to address this overarching problem, including how to:

- Identify the specific ways you're hurting your success in all aspects of your life
- Capitalize on the positive aspects of your extreme traits instead of the negatives
- Find creative solutions to curb your self-defeating patterns
- Practice self-care as a problem-solving strategy

Filled with quizzes and insightful exercises to personalize your journey from harmful behaviors to healthy habits, *The Healthy Mind Toolkit* is the essential guide to get out of your own way and get on the path to success.

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From Reader Review The Healthy Mind Toolkit: Quit Sabotaging Your Success and Become Your Best Self for online ebook

Jennifer says

I don't normally recommend these types of books, but I love this book. It is not ground-breaking, but it is an amazing reminder book. Pull it out every once in a while and read through it to remind you how to tackle certain things, to be compassionate to yourself and others, and how to address bad habits. Maybe you are perfect, I am not. I found this a fantastic resource. Tiny, baby steps and simple solutions, but that is what works for me. Highly recommend for perfectionists and self-saboteurs.

Ritu says

I really enjoyed this book! It provides a framework for identifying patterns that can keep us spinning our wheels and provides concrete ways in which we can start doing things differently. For example: It has a chapter on Strategies for Overcoming Procrastination and Avoidance in which the author gives 21 strategies for overcoming procrastination. She covers the breadth of reasons why we might be procrastinating and points out solutions. One reason could be a self-inflicted rule we've created that's causing avoidance. (She gives the example of avoiding starting your Christmas baking because you have a self-imposed rule/belief that says you HAVE to bake 3 types of cookies for Christmas. But who says, she asks, that Christmas specifically requires 3 varieties and not 1, 2 or 4? Can we simplify our expectations? Maybe, one type of cookie is okay.) Another reason and solution she points out in this chapter has to do with "Determining if you're avoiding as a Way of rebelling." Overall, I felt this book mapped out a large number of ways in which we can hold ourselves back. This is not an in-depth book for 1 subject, such as depression or anxiety, but rather something that will help you live your day-to-day life better and think about how you approach and think about different areas of your life.

Sarah says

Packed with stuff - a book to be dipped into regularly for good advice!

Amal Hamdy says

Meh! Nothing new despite it's a 2018 book ! Provides basic techniques and sometimes naive ideas.
