



10 Dumbest Mistakes Smart People Make and How To Avoid Them: Simple and Sure Techniques for Gaining Greater Control of Your Life

By Arthur Freeman

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ARE YOU A MISTAKE MAKER?

- Have you ever thought: "I'd better not try, I could be embarrassed"?
- Does it bother you to see someone you know get ahead -- of you?
- Have you ever thought: "It's my responsibility to make sure my loved ones are happy"?
- Is your motto "Anything worth doing must be done absolutely right"?
- Do you tend to qualify your responses?
- That is, do you find yourself saying: "Yes, it's good, but..."?
- Have you ever concluded: "Everybody thinks I messed up"?
- Have you ever thought: "I just can't lose."
- Let's face it, when you've got it, you've got it"?

You, just like everybody else in the world, may be prone to one or many of the ten dumbest mistakes smart people make. Now, Dr. Arthur Freeman and Rose DeWolf offer clear, practical advice and concrete techniques to help you combat selfdefeating thinking and gain greater control of your life, work, and personal relationships. Arm yourself with this one right away.

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Editorial Review

About the Author

Dr. Arthur Freeman is a senior faculty member of the University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School at Camden. He is also a member of the Department of Psychiatry at Cooper Hospital -- University Medical Center in Camden, New Jersey.

Rose DeWolf is a Philadelphia journalist, TV personality, and lecturer. Freeman and DeWolf coauthored *Woulda, Coulda, Shoulda*.

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